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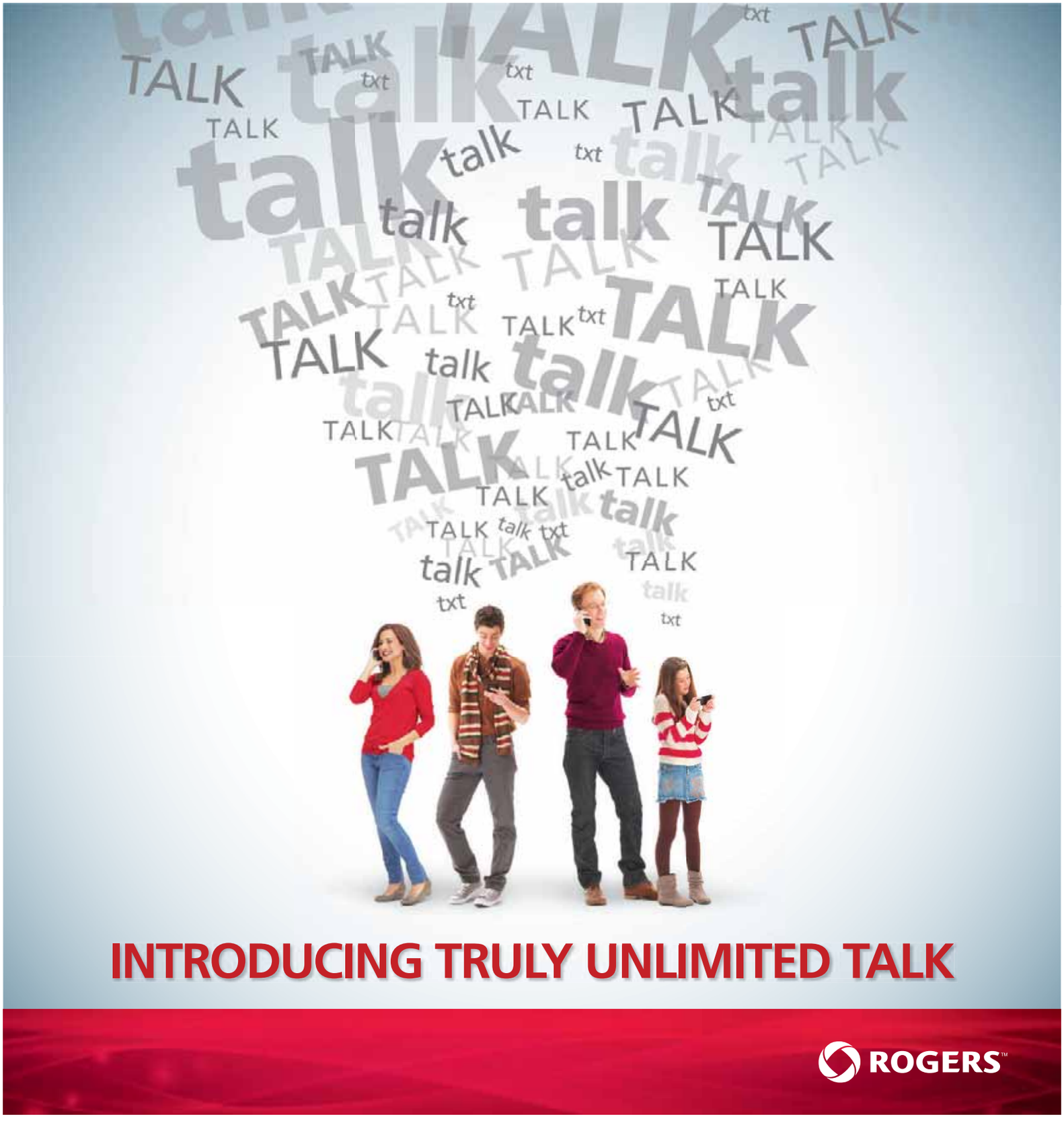

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TTC UPSET WILL STINTZ HELP RESTORE LIGHT RAIL?
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Tuesday, February 7, 2012
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News worth sharing.

Horrific crash leaves 11 dead

Van rolls into yard of home after collision near Stratford **Police say migrant workers among those killed**

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Ontario Provincial Police and emergency crews investigate a multiple-motor-vehicle accident in front of a home near Hampstead, Monday. Police say 11 people died in the crash.

A collision between a flatbed truck and a large passenger van near a tiny hamlet in southwestern Ontario has killed 11 people and injured three others, provincial police confirmed Monday.

OPP Insp. Steve Porter said a large white van loaded with people believed to be migrant workers was travelling west when it was broadsided by the flatbed.

Ten of the passengers in the van were pronounced dead at the scene, he said, adding the driver of the truck was also killed.

Police said one survivor was airlifted to hospital in Hamilton with life-threatening injuries, while two others are being treated for serious injuries in nearby Stratford.

"I've been on the job for 28 years and I've never seen anything quite like this collision tonight with 11 people killed in one crash," Porter told a news conference at the scene.

The crash occurred at 4:45 p.m. at the corner of Perth Road 107 and Line 47. Police said the weather was good at the time.

Porter said police believe many of the victims to be migrant workers, but offered no other details. Some reports said one of the survivors spoke Spanish.

OPP Sgt. David Rektor said the workers were travelling in a van equipped to carry 15 passengers safely. He said investigators believe driver error was behind the crash, but offered no other details.

Porter said firefighters had to cut off several seat belts to free the victims. Photos from the scene showed emergency workers covering what appeared to be victims' bodies with blue tarps.

Because of the severity of the crash, Porter said incident councillors have been called in to provide support to investigators and community members.

The crash — the deadliest in the province in at least a decade — drew a statement of sympathy from Premier Dalton McGuinty.

"On behalf of 13 million Ontarians, I want to offer our deepest condolences to those who lost a loved one and to offer our most sincere prayers," McGuinty said.

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Brampton man wants to expand his roost

TONY BOCK/TORSTAR NEWS SERVICE

▶ Chickens like these are being raised secretly by owners in some parts of the GTA.

Brampton is the only municipality in the GTA that allows residents to keep backyard chickens, and one of those urban fowl farmers is asking city council to let him have more.

Joe Arlotto has asked Brampton council to amend its animal-control bylaws to allow residents to keep more chickens and rabbits on their property.

"I do not think it unreasonable that I be allowed up to half a dozen domestic fowl and three rabbits purely for my family's enjoyment," he told councillors last week, according to the Brampton Guardian.

City staff will study Arlotto's request and make recommendations to councillors within a month.

Brampton currently allows residents to keep up to two pigeons, rabbits, game fowl or domestic fowl on their property.

It is only the latest battleground for the urban chicken movement. Last month, a Toronto committee upheld a ban on backyard chickens, refusing a motion to even study the feasibility of urban hens.

TORSTAR NEWS SERVICE

Ford's transit vision in doubt

$8.4B from Queen's Park at stake

Mayor Rob Ford's plan to build the east end of the Eglinton LRT underground would cut travel time by 25 per cent, be more reliable and attract 30 per cent more riders, according to a report released Monday by Metrolinx.

But the agency's CEO, Bruce McCuaig, said the province remains firmly in the middle of the transit divide that blew wide open at city hall on Monday.

TTC chair Karen Stintz touched off a political firestorm by challenging Ford's transit agenda and presenting the city clerk with a petition from 24 councillors, including Stintz, who want a special meeting Wednesday to discuss transportation plans.

That's where the city will say definitively whether it wants to proceed with Ford's plan, outlined in a non-binding memorandum of understanding with the province, or return to the light-rail plan approved under ex-mayor David Miller.

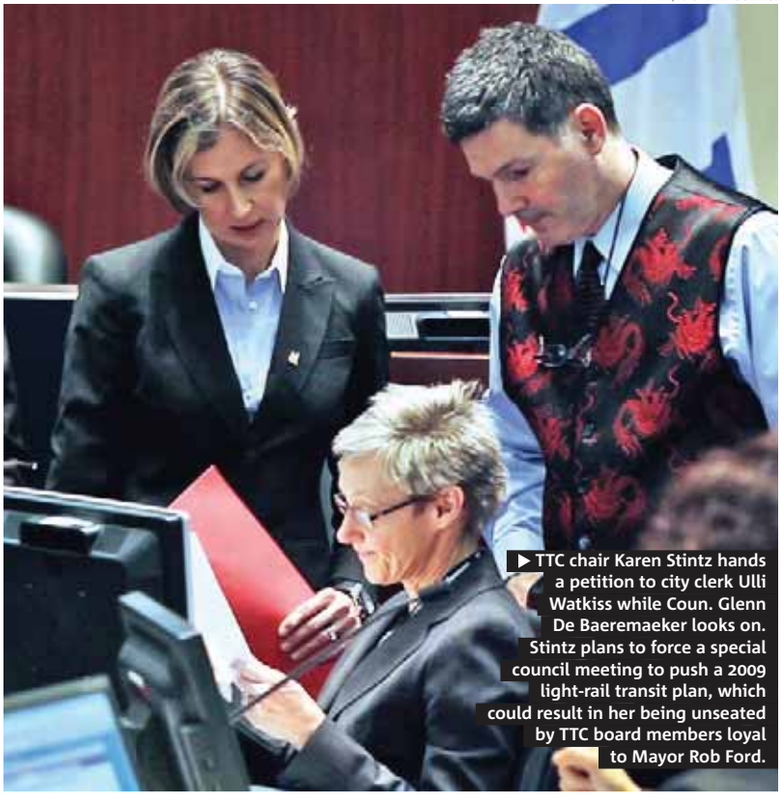
"That is one brave chair (Stintz), who is clearly on the mayor's team but at the end of the day has said she needs to speak the truth on this particular matter."
FORMER TTC VICE-CHAIR JOE MIHEVC

Stintz hopes a majority of the 43 councillors will support the alternative, which would effectively bury Ford's vision and revive light-rail lines above ground on Sheppard, Finch and the east end of Eglinton.

Stintz says it's the only sensible option given that it provides transit to tens of thousands more riders, using about $2 billion the province could save by bringing the Eglinton-Scarborough Crosstown LRT onto the road at Laird Drive.

TORSTAR NEWS SERVICE

BERNARD WEIL/TORSTAR NEWS SERVICE



▶ TTC chair Karen Stintz hands a petition to city clerk Ulli Watkiss while Coun. Glenn De Baeremaeker looks on. Stintz plans to force a special council meeting to push a 2009 light-rail transit plan, which could result in her being unseated by TTC board members loyal to Mayor Rob Ford.

1 news

A new batch of smartphone apps caters to the freshly single who may not be happy about their new status. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Montreal Canadiens fans pay musical tribute to Scott Gomez's yearlong goal drought. Watch at metronews.ca/video

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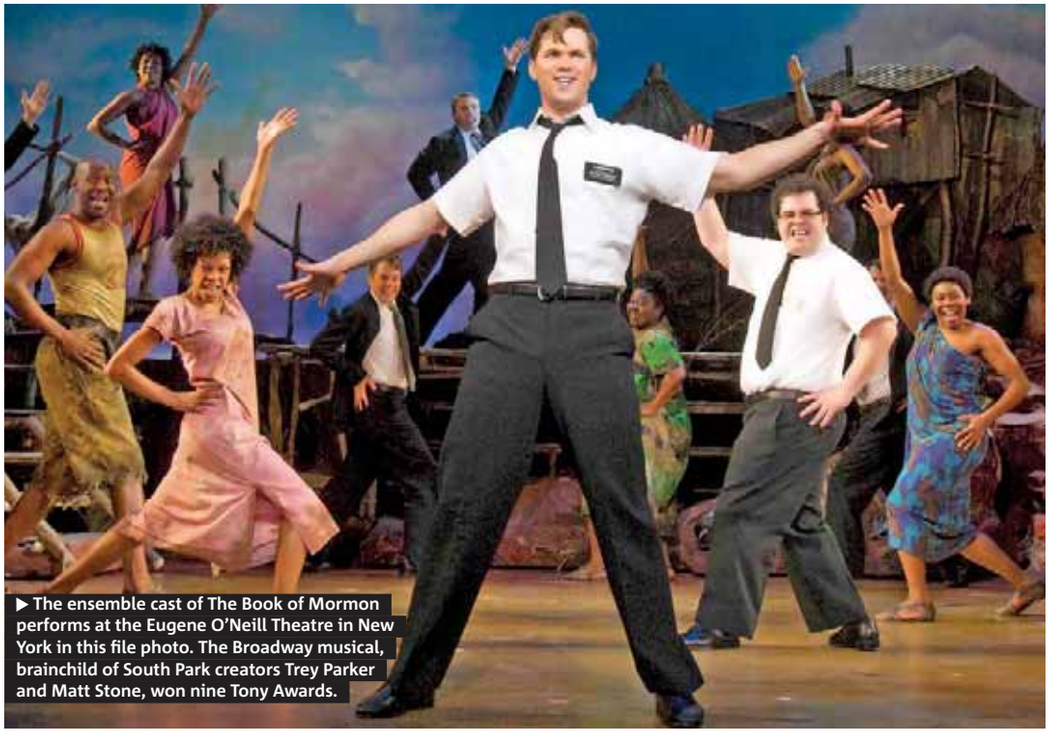
Book of Mormon, Tony Danza coming to Toronto

Mirvish Productions unveils its 2012-2013 lineup at splashy presentation

THE ASSOCIATED PRESS FILE



▶ The ensemble cast of The Book of Mormon performs at the Eugene O'Neill Theatre in New York in this file photo. The Broadway musical, brainchild of South Park creators Trey Parker and Matt Stone, won nine Tony Awards.

The raunchy Broadway smash The Book of Mormon and a theatrical version of Honeymoon in Vegas starring Tony Danza are headed to Toronto.

The brainchild of South Park creators Trey Parker and Matt Stone, The Book of Mormon has won nine Tony Awards and is one of the hardest tickets to score on Broadway.

"I am crazy for this show," said Mormon producer Anne Garefino, also an executive producer on South Park — the long-running cartoon about a group of foul-mouthed kids.

"It's like a rock concert every night in that theatre on Broadway, and the chance to bring that around the country — and to Canada — is really exciting. The song, the story, the book — it's surprising and it's also sweet and endearing and offensive and all the things that I've come to love about working with Matt and Trey."

Who's the Boss? star Danza was on hand Monday to offer up a sampling of the music of Honeymoon in Vegas, based on the 1992 film about a reluctant groom starring Nicolas Cage, Sarah Jessica Parker and James Caan.

THE CANADIAN PRESS

Show season

- Other shows announced Monday include the North American premiere of the Beatles musical Backbeat, and the Canadian premieres of La Cage Aux Folles and Sister Act.

New zones could mean big change

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Anu Gupta, her daughter Kavya, 6, and son Dhruv, 4.

Like many mothers, Anu Gupta was fussy about which school to choose for her children, and decided on McKee Public School near Yonge Street north of Sheppard for its reputation and heady test scores.

But to get into the popular grade school in the shadow of this condo corridor, the single mother had to be strategic about where she lived. In the fall of 2010, Gupta moved into a condo near Yonge and Finch that was built before 2003 — one of the few ways to meet the byzantine school-boundary rules of one of Toronto's hottest boom-town strips.

They got in and they love it, Gupta said; her daughter is in Grade 1 and her son in junior kindergarten.

But now, with the area still booming and McKee tight for space, the Toronto District School Board may vote Wednesday to change boundary rules again in a way that would bounce dozens of children, including Gupta's, to Finch Public School this fall — a move she called unfair.

The proposal to carve off the northwest corner of McKee's catchment area is board staff's latest bid to cope with the "vertical city" that has grown up over the past two decades, said trustee Mari Rutka.

"Moving students is awkward; I wish we didn't have to do it," said Rutka. "But we have a vertical city here; a virtual town in the air without schools and we can't get funding to build new schools."

TORSTAR NEWS SERVICE

Woman hit, killed on Gardiner

Toronto police are investigating how a 19-year-old passenger in a car travelling on the eastbound Gardiner Expressway ended up on the road, where she was hit by a truck and fatally injured early Monday morning.

The victim was struck by a truck in the eastbound lanes near Dufferin Street around 2:30 a.m. and taken to hospital, where she later died, said Traffic Services Const. Clint Stibbe.

The driver of the Toyota Corolla, a 23-year-old female, and the 40-year-old male driver of the five-ton truck both remained at the scene and are co-operating with police.

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Time to get on board the love train

- Riding the Rocket can be good for your 'heart'
- First Ride the First Car event encourage singles to mingle during their daily commute

HANDOUT

▶ Interested in finding love on the TTC? Lavalife will be handing out buttons singles can wear to signify their "unattached" status on Feb. 9, during their Ride the First Car event.

Dozing off during your morning TTC commute could be the reason you're still single, says a dating expert. Fact is, riding the subway can be good for your 'heart'.

The image of a cramped subway car might not conjure up romantic notions for everyone, but Lavalife's relationship and dating expert Kim Hughes says it's a great place to meet people and maybe even catch a date just in time for Valentine's Day — as long as you use the right approach.

"A lack of humour, that would probably be the worst way to approach a stranger," said Hughes.

"Keep it light and fun and don't be afraid to laugh at yourself."

Karen Hirscheimer, a Toronto couple's therapist, says shyness is one of the top reasons preventing people from making the first move. It's often easier to have conversation starters ready and to practice talking to people you see throughout your daily routine.

But also look for signals, Hirscheimer warns.

HANDOUT

▶ Dating expert Kim Hughes

"You really just need to see it as a friendly gesture and be willing to back off if the other person doesn't seem to respond," she said.

For introverts, Hughes suggests dropping a note with your phone number or message reading "text me," in addition to some age-old tips like smiling to show accessibility, holding someone's gaze to show interest, or even pretending to miss your stop and ask for directions, a surefire way to get a conversation going.

For the more daring, creating a fake book cover featuring humorous and outrageous book titles could be a great way to spark interest and conversation.

"If it kind of looks homemade and dorky, that's part of the charm," said Hughes. "If you could print something off in your home printer and stick it on, it's just weird enough to work."

Keeping your eyes open during your daily commute could open up possibilities, but Hirscheimer says singles should be aware of the risks.

"My safety concerns always come first as a therapist," she said. "I see so many (people) come in that have been misled or are heartbroken, or had no idea that the other person was involved and got into it."

For anyone interested in finding love on the TTC, but prefer to be eased into it, Lavalife will be handing out buttons singles can wear on their lapel to signify their single status on Feb. 9 during their Ride the First Car event.

PHOEBE HO FOR METRO

Lavalife

- Lavalife hosts its first Ride the First Car event on Feb. 9 to encourage singles to ride the first car on the subway during their daily commutes, from 7 a.m. to 9 a.m. and 5 p.m. to 7 p.m.
- Pins will be distributed outside the Yonge and Eglinton stops to help singles identify each other.

Some additional tips:

- Ladies: Don't be afraid to make the first move.
- Stay present: Don't wear headphones.
- Don't feel silly if it doesn't work out — everyone appreciates a kind gesture.
- More details about the tips for meeting a stranger on a train are available by texting Lava to 55555.

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The Red Rocket takes off in San Francisco

TORSTAR NEWS SERVICE

▶ The Red Rocket stands near Mission Street in San Francisco.

San Francisco is paying tribute to the Red Rocket.

The non-profit arm of the city's transportation agency has painted one of its historical streetcars red and embellished it with the TTC logo to honour Toronto's dedication to the distinctive Presidents' Conference Committee (PCC) streetcar.

"Toronto is one of the city's we honour because of its longstanding commitment to streetcars," said Rick Laubscher, the president of Market Street Railway, the non-profit arm of the San Francisco Municipal Railway that aims to preserve historic transit in San Francisco.

"The reason why Toronto was chosen is because it is iconic among transit fans in North America for having the continent's most extensive streetcar system today, and one of the biggest ever," said Laubscher.

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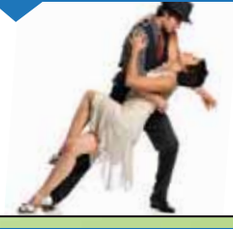

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Canada begins royal celebration

First 60 citizens receive Queen's Diamond Jubilee medals About 60,000 will be given medal this year

At first blush, it's hard to think of two more different people than freestyle skier Alexandre Bilodeau and young Bryden Hutt.

Bilodeau is an Olympic gold medallist, the first to win top honours on Canadian soil. Hutt was born with a rare condition that left him without an immune system and forced him to live in a bubble until he received a bone-marrow transplant.

But now they have something in common: both were among the first 60 Canadians awarded the Diamond Jubilee medal on Monday for their work in community service.

Celebrations kicked off across Canada to commemorate the day Queen Elizabeth became sovereign.

Gov. Gen. David Johnston and Prime Minister Stephen Harper presented the medals at a ceremony at Rideau Hall.

"All of you here who have been nominated by your peers and colleagues have made Canada better," Johnston said.

"Individually you have improved the well-being of many in your communities, and together you have helped create a smarter, more caring nation."

Harper offered congratulations to the Queen.

"Over the past 60 years, Her Majesty Queen Elizabeth II has served our country with distinction and dedication and continues to show Canada her generosity and affection," Harper said.

THE CANADIAN PRESS

The reaction

Not everyone is thrilled that the federal government is spending millions, at a time of deep budget cuts, to celebrate the Queen's Diamond Jubilee.

- Anti-monarchist sentiment is loudest in Quebec, where at least six MPs have returned their Jubilee medals.
- The Societe Saint-Jean-Baptiste says it's planning counter-celebrations this year.
- Outside Quebec, the anti-monarchy group Citizens for a Canadian Republic derided what it called a massive, royal PR campaign, and a state-funded spectacle.

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario Lt.-Gov. David Onley chats with singer Gordon Lightfoot after presenting him with one of the inaugural Queen Elizabeth II Diamond Jubilee medals in Toronto on Monday.

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Protests force election calls

Egypt ruling council pledge 'to hand power to an elected civilian authority'

Egypt's military leader told electoral officials Monday to speed preparations for presidential elections after a new eruption of street protests demanding that the ruling generals move more quickly to hand power to an elected government.

The military rulers had previously promised to hold presidential elections for their successor by the end of June. But Field Marshal Hussein Tantawi, the head of the ruling military council, asked election commission officials "to quickly finish legal procedures for presidency nominations," according to Egypt's state-run news agency MENA.

Election Commission Chief Abdel-Moez Ibrahim didn't give a date for elections. THE ASSOCIATED PRESS

MARCO LONGARI/GETTY IMAGES

▶ A wounded Egyptian demonstrator is carried away during confrontations with riot police in Cairo Monday.

Cardinal defends pope's handling of abuse cases

A top American cardinal on Monday defended Pope Benedict XVI's handling of sexual abuse cases by clergy, saying he should be praised not criticized, as advocates for abuse victims demanded that the Vatican release its secret files on pedophile priests.

Cardinal William Levada told a Vatican-backed symposium on safeguarding children that Benedict had been "instrumental" in implementing standards to crack down on pedophile clergy as well as supportive of U.S. bishops' efforts to fight the abuse.

Before becoming pontiff, Benedict held Levada's job as the head of the Congregation for the Doctrine of the Faith, the church office ensuring doctrinal purity and, in recent decades, also shaping the Holy See's policies on handling abuse cases involving clergy.

"True change and child protection comes through accountability from secular authorities. Until we have that, we must see Rome's meeting for exactly what it is: Cheap window dressing."
CHILDREN'S ADVOCATE, JOELLE CASTEIX

As the symposium's keynote opening speaker, Levada lamented that the pope "has had to suffer attacks by the media over these past years in various parts of the world when he should receive the gratitude of us all, in the Church and outside it." The Vatican released copies of the speech. THE ASSOCIATED PRESS

Obama orders new sanctions on Iran

MANDEL NGAN/GETTY IMAGES

▶ Barack Obama

President Barack Obama announced tough new sanctions on Iran's Central Bank Monday amid increased tensions over Tehran's nuclear program and the spectre of an Israeli attack on the Islamic republic.

In a letter to Congress, Obama said more sanctions were warranted, "particularly in light of the deceptive practices of the Central Bank of Iran and other Iranian banks." He said the problems included the hiding of transactions of sanctioned parties, the deficiencies of Iran's anti-money laundering regime and the unacceptably high risk posed to the entire international financial system posed by Iran's activities. Obama's fresh swipe at Tehran comes as the White House tries to ratchet up pressure on Iran to abandon its nuclear program and dissuade Israel from launching a unilateral strike on Iran, a move that could roil the Middle East and jolt the global economy. THE ASSOCIATED PRESS

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Western allies unite against Syria's Assad

U.S., British diplomats withdrawn Italy condemns 'unacceptable acts of violence perpetrated by the regime ... against the civilian population'

The U.S. closed its embassy in Syria and Britain recalled its ambassador to Damascus on Monday in a new Western push to get President Bashar Assad to leave power and halt the murderous grind in Syria — now among the deadliest conflicts of the Arab Spring.

Although the diplomatic effort was stymied at the U.N. by vetoes from Russia and China, the moves by the U.S. and Britain were a clear message that Western powers see no point in engaging with Assad and now will seek to bolster Syria's opposition.

"This is a doomed regime as well as a murdering regime," British Foreign Secretary William Hague told lawmakers as he recalled his country's ambassador from Syria. "There is no way it can recover its credibility internationally."

President Barack Obama said the Syrian leader's departure is only a matter of time.

"We have been relentless in sending a message that it is time for Assad to go," Obama said during an interview with NBC. "This is not going to be a matter of if, it's going to be a matter of when."

The most serious violence Monday was reported in Homs, where Syrian government forces, using tanks and machine-guns, shelled a makeshift medical clinic and residential areas on the third day of a relentless assault, killing a reported 40 people, activists said. More than a dozen others were reported killed elsewhere.

5,400 More than 5,400 people have been killed in Syria since the uprising began in March, the UN said early last month.

Those deaths followed a regime onslaught in Homs that began Saturday, the same day Syria's allies in Russia and China vetoed a Western- and Arab-backed resolution aimed at trying to end the crackdown on dissent. Some 200 people died, the highest death toll reported for a single day in the uprising, according to several activist groups.

Even as the U.S. steps up pressure on Assad to halt the violence and relinquish power, Obama said a negotiated solution was possible, without recourse to outside military intervention.

Later, however, White House spokesman Jay Carney said the administration was taking "no options off the table."

THE ASSOCIATED PRESS

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Sands Ocean Club — + taxes & fees $141
INCLUDES accom along Arcadian Shores. Price per person based on family of 4. Departs Mar 12/ggv/dl. UPGRADE to 4-star Sheraton Myrtle Beach for $6 per night. BOOK this package based on double occupancy for $514.

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Cayo Coco 7 Nights 4-Star — $567
Blau Colonial Cayo Coco — + taxes & fees $277
Departs Feb 28/nol/c6.

Varadero 7 Nights 4-Star — $655
Playa de Oro — + taxes & fees $140
Departs Feb 28/swg/wg.

Bahamas 4 Nights 4-Star — $695
Riu Palace Paradise Island — + taxes & fees $330
Departs Feb 12/sgn/wg.

Montego Bay 5 Nights 4-Star — $697
Holiday Inn Sunspree — + taxes & fees $359
Departs Feb 12/nol/ts.

Costa Rica 7 Nights 4-Star — $877
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ABDEL MAGID AL-FERGANY/THE ASSOCIATED PRESS

▶ A girl with the Syrian revolutionary flag painted on her face attends an anti-Syrian regime protest in front of the Chinese embassy in Tripoli Monday.

Murderous escalation

Syria has seen one of the bloodiest crackdowns since the wave of Arab uprisings began more than a year ago. Deaths in Egypt, Tunisia and Yemen have numbered in the hundreds. Libya's toll is unknown and likely higher than Syria's, but the conflict differed there: Early on, it became an outright civil war between two armed sides.

Syria, in contrast, has developed into a murderous grind — although many fear it is swiftly developing into a civil war. Though internationally isolated, Assad appears to have a firm grip on power with the loyalty of most of the armed forces, which have moved from city to city to put down uprisings.

In each place, however, protests have resumed, and now army defectors and others are taking up arms to fight back, adding to the bloodshed.

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▶ A small boat motors through an ice-covered canal in Venice on Monday. Some 59,000 households in Italy remained without electricity and officials declared a gas-supply emergency.

Schools shut down while Europe tries to shovel out

◗ Blocked roads mean rescuers can't reach remote regions ◗ Death toll across Europe is at least 368

Overwhelmed by deep snow and harsh temperatures, some countries in Europe closed down schools and struggled to run public transport on Monday, as post-snow rains caused a dam to collapse in Bulgaria, flooding a village and killing at least four.

Another four people were killed by floods in southern Bulgaria, and 10 people are missing, authorities said.

The big freeze has caused traffic chaos throughout Europe, blocking roads, shutting down airports and trapping thousands in remote areas.

Rome is closing schools on Tuesday, as Italy copes with unusually heavy snow. So far, at least 17 people have died in Italy, including two who were crushed under a collapsed roof and a 91-year-old woman in the northeast port of Trieste who was knocked down by strong winds.

But the unusual cold snap has also offered opportunities for snowy fun: Ice skaters in the Netherlands were hopeful they could stage a race that hasn't happened in more than a decade; children in Rome and along the usually temperate Adriatic coast in Croatia frolicked in rare snow; and Bosnians in the capital, Sarajevo, spontaneously organized a winter "Olympics" in which they skied down main streets and leapt out of windows into deep snow banks.

THE ASSOCIATED PRESS

Sarkozy ally takes aim at France's immigrants

One of French President Nicolas Sarkozy's closest political allies has stirred up the multiculturalism debate in France, less than three months before the presidential elections.

Interior Minister Claude Guéant, for many years Sarkozy's chief of staff, told students on Saturday that "all civilizations are not created equal" and said it was important "to protect our civilization."

He pressed the point on Monday in an interview with the newspaper Le Figaro, shrugging off accusations that Sarkozy was trying to court supporters of the ultraright, anti-immigration National Front party.

"Who can argue that there is a difference between values of a civilization that promotes democracy, that protects individual freedoms and collective, which promotes women's rights, and a civilization that accepts tyranny, which does not value the freedoms and who does not respect equality between men and women?" he said.

He also took a swing at the Socialist Party: "Socialists take advantage of the multiculturalism that gives priority to the right to be different. So for them, anything goes."

The two-stage presidential election begins April 6 and support for the National Front's Marine Le Pen is hovering at about 20 per cent.

A spokesman for Socialist presidential candidate François Hollande called Guéant's comments "divisive and degrading."

TORSTAR NEWS SERVICE

THE ASSOCIATED PRESS FILE

▶ Claude Guéant

Uncivil war

▶ **Claude Guéant** has in the past blamed immigrants for increasing France's crime rate and said he wanted to cut immigration to France.

Georgia strikes down suicide law

Georgia's Supreme Court ruled Monday that a state law restricting assisted suicides violates free-speech rights, a ruling that destroyed a criminal case against members of a suicide group and could reshape the state's end-of-life policy.

The unanimous ruling struck down the 1994 law, which bans people from publicly advertising suicide.

The ruling also means that four members of the Final Exit Network who were charged in February 2009 with helping a cancer patient die won't have to stand trial.

THE ASSOCIATED PRESS

'M*A*S*H' hot-dog eatery sold

A hot-dog restaurant made famous thanks to the TV series M*A*S*H has been sold after a yearlong family feud over ownership.

A restaurant group in Toledo, Ohio, has finalized its $5.5 million purchase of the Tony Packo's chain, which was facing foreclosure on its loans.

Actor Jamie Farr, a Toledo native, made Tony Packo's famous in the 1970s when he portrayed Cpl. Max Klinger, a homesick U.S. soldier in the Korean War who longed for the hot dogs. Packo's was mentioned in six of the 250 episodes and continues to draw tourists.

THE ASSOCIATED PRESS

'Celebrity' squatter skips town

A man who moved into an empty house near Dallas, wrote an e-book on squatting and offered training sessions for would-be squatters was ordered evicted on Monday.

Kenneth Robinson was something of a celebrity in the Dallas suburb of Flower Mound. But the Bank of America foreclosed on the home last month, and a judge on Monday gave Robinson until Feb. 13 to appeal or move out. Robinson slipped out before sunrise and refused to say where he was moving next.

"It's been a huge learning experience," he said in a phone call with reporters.

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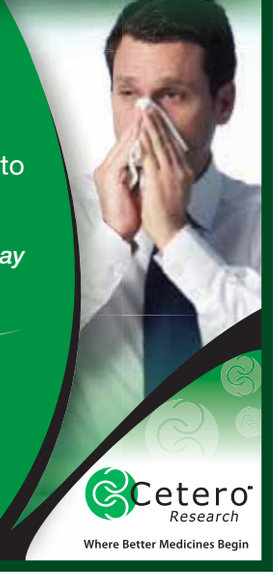

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▶ A screen shot of Steve Jobs' look-alike promoting the Android-based tablet in a Taiwanese commercial.

Steve Jobs fans irate over ad

Apple founder's look-alike promoting Android-based tablet in Taiwanese commercial

Steve Jobs has come back from the dead, halo and all, to promote the Action Pad, a tablet running on Android, Google's operating system.

At least that's the gimmick of a Taiwanese television commercial for local tech company Action Electronics, featuring Jobs look-alike A-Ken wearing angel wings and a halo.

Clad in the Apple Inc. founder's signature turtleneck and blue jeans, the Taiwanese comedian gushes: "Introducing the new generation of the pad. It's amazing!"

"Steve Jobs always promoted things that were good for people, Apple products, so his image can also promote other things that are good."
CHELSEA CHEN, SPOKESWOMAN FOR ACTION ELECTRONICS

And with a huge grin: "Thank God I can finally play with other tablets."

Jobs had vowed to "destroy" Android and go to "thermonuclear war" over the product which he considered an Apple ripoff, according to his biography.

Jobs died in October at 56.

The ad, which does not directly reference Jobs or Apple, has been slammed by Apple fans and others as offensive and tasteless.

A Taiwanese writer, Wu Ruo-quan, took to Facebook to call the commercial "shallow" and disrespectful to Jobs' family. TORSTAR NEWS SERVICE

PUBLIC-OPINION PROJECT

Study looks at bribery in the Americas

Is a bribe ever justified?

Nearly a third of people in Guyana and Haiti say it is. Less that one in 10 Guatemalans, Chileans or Brazilians agree.

The Vanderbilt University study released on Monday finds widely differing opinions about bribery across the Americas, and looks at the justifications people make for paying cash under the table to solve a problem.

"For many citizens, bribery is a rational adaptation to their situation and the available means," wrote Juan Camilo Plata, whose report was sponsored by the Latin American Public Opinion Project.

Plata said that some pay a bribe to produce "more certain results" where people doubt they will get fair treatment because of arbitrary justice.
THE ASSOCIATED PRESS

Teen calls killing 'enjoyable'

A U.S. teenager who admitted stabbing, strangling and slitting the throat of a young neighbour girl wrote in her journal on the night of the killing that it was an "ahmazing" and "pretty enjoyable" experience — then headed off to church with a laugh. The words written by Alyssa Bustamante were read aloud in a Jefferson City, Mo., court Monday as part of a sentencing hearing.
THE ASSOCIATED PRESS

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Greece cuts civil service

Under EU pressure, coalition announces plan to eliminate 15,000 state jobs

DIMITRI MESSINIS/THE ASSOCIATED PRESS

▶ A woman walks past a man holding an infant while begging in Athens on Monday.

Greece's coalition government caved in to demands to cut civil-service jobs, announcing on Monday that 15,000 positions would go this year, amid mounting international pressure to agree on austerity measures needed to secure major new debt agreements.

The announcement signals a major shift in Greece's policy, as state jobs have so far been protected during the country's acute financial crisis, which started about two years ago.

Public Sector Reform Minister Dimitris Reppas said the job cuts would be carried out under a new law that allows such firings.

Greece is racing to push through painful reforms and clinch a 130-billion-euro ($170-billion US) bailout deal from its European partners and the International Monetary Fund to avoid a March default on its bond payments.

Debt-ridden Greece has been kept solvent since May 2010 by payments from a 110-billion-euro international rescue loan package. When it became clear the money would not be enough, a second bailout was decided last October.

Its implementation depends on the austerity measures but also on separate talks with banks and other private bondholders to forgive 100 billion euros in Greek debt, in exchange for a cash payment and new bonds worth 50 per cent less than the original face value, longer repayment terms and a cut in the interest rate to be paid on the bonds.

Delays in negotiations with rescue creditors pushed a crucial meeting of coalition party leaders back by one day to Tuesday.

Greece has promised to reduce its 750,000-strong broader public sector by 150,000 by the end of 2015, but has so far insisted it could reach that target through staff attrition.

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India takes on Internet giants

Google India has removed web pages deemed offensive to Indian political and religious leaders to comply with a court case that has raised censorship fears in the world's largest democracy, media reported Monday. The government has pressured 22 Internet giants to remove content considered anti-religious or anti-social.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
- 17.44 (12,559.85)	- 0.19¢ (100.45¢ US)

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Outdated law killed jobs: Premier

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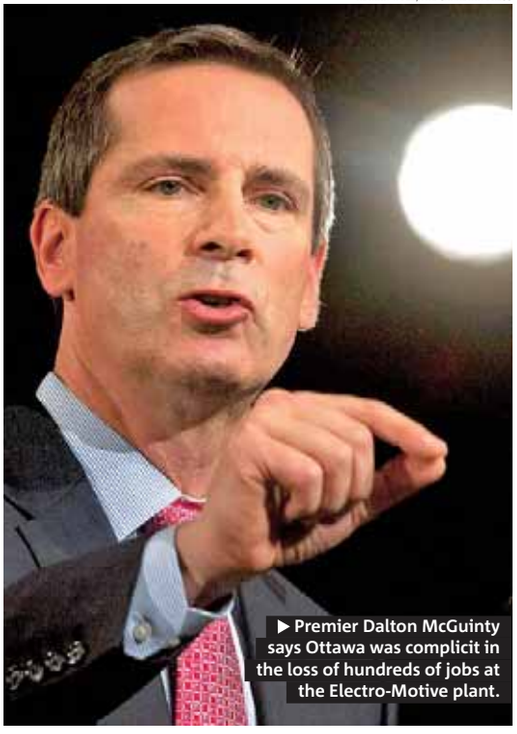

▶ Premier Dalton McGuinty says Ottawa was complicit in the loss of hundreds of jobs at the Electro-Motive plant.

450 Caterpillar employees were locked out of the plant on Jan. 1

Ottawa could have prevented the loss of hundreds of jobs at an Ontario locomotive plant if it had acted to modernize Canada's "outdated" foreign-investment laws, Premier Dalton McGuinty said Monday.

U.S.-based Caterpillar, which is planning to close the Electro-Motive plant, never had any "sincere interest" in staying in London after it bought the factory, he said in a speech to the Oakville Chamber of Commerce. "I believe there's something fundamentally wrong with a federal law when it allows a Canadian plant to be bought and stripped clean in short order, throwing Canadian families out of work."

The Harper government acknowledged the need for change a long time ago, "but they haven't done anything about it," he added.

"This company ... had no sincere interest in a long-term presence in that community. In 21 years I have never heard of a business ... that said to an employee group, 'We're going to cut your wages in half, this is a take-it-or-leave-it offer.'"

PREMIER DALTON MCGUINTY

The premier insisted he's not trying to lay blame. Rather, Harper should draw a lesson from the experience and review the act.

The federal government said that the takeover was never looked at because it fell under the $300-million threshold. THE CANADIAN PRESS

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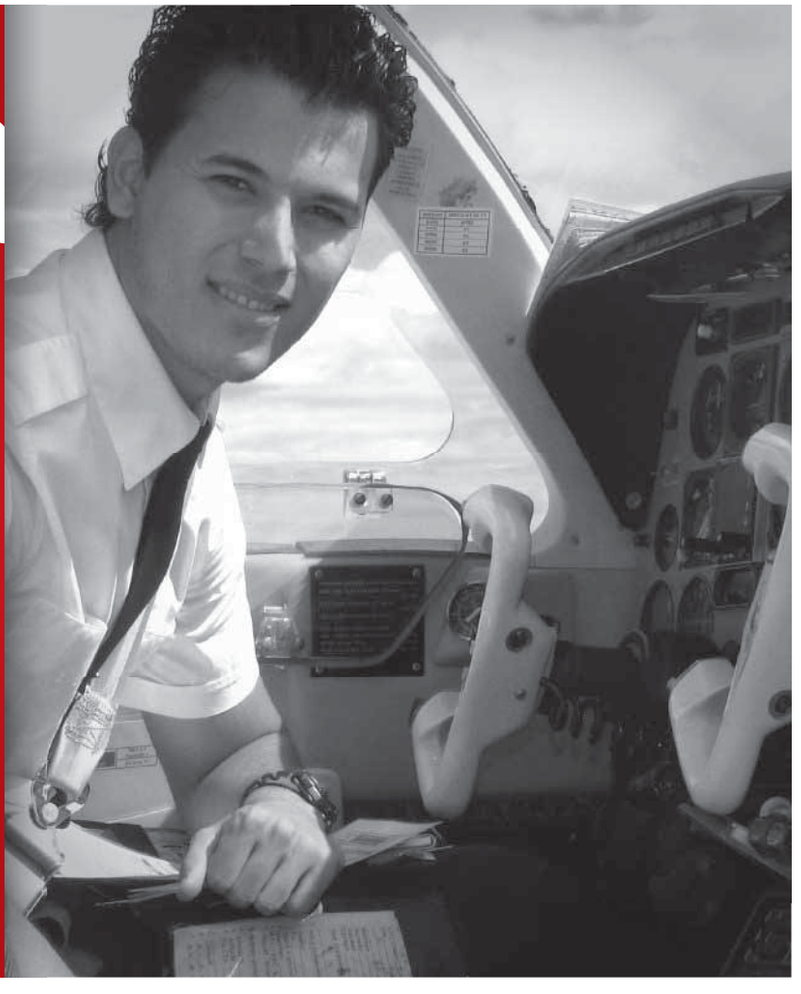


HOW MUCH DO MARKS MATTER?

SHE SAYS ...

JESSICA NAPIER
METRO

The University of British Columbia recently announced that starting in the 2012-2013 academic year admission to the institution would no longer be dependent exclusively on grades. All applicants will be required to complete a supplementary questionnaire about their extracurricular activities and life experiences outside of the classroom.

The reasoning behind this decision is that the leaders of tomorrow (and source of future alumni donations) need to have interpersonal skills, not just book smarts, in order to succeed. Because we all know that, once you graduate, being able to network is far more important than knowing stuff.

As a closeted academic who still dreams of going back to school to do a PhD the way other people dream about early retirement, my initial reaction to this decision was one of total horror.

"Perhaps the move to a more holistic set of admission requirements isn't about 'dumbing down' post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse."

During my postgrad days I worked as a teaching assistant for an undergraduate marketing class. With every assignment I graded, I became more and more concerned about the lack of basic writing skills among the student body. I encountered so many spelling mistakes and grammatical errors that I began to question how some students had even managed to pass a high school English course. With this in mind, the last thing we need is for universities to begin experimenting with lowering their admission standards in the name of well-roundedness.

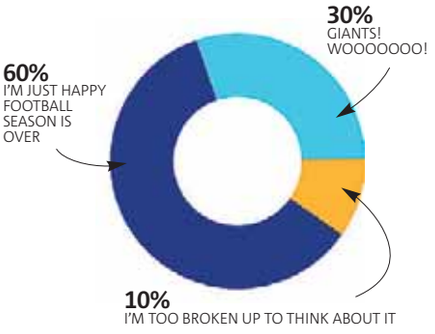
On the other hand, a culture of grade-chasing overachievers doesn't allow for the type of creative minds that we need in academia, business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse. Then again, I'm not sure when being "smart" and being "sociable, physically active, compassionate, etc." became mutually exclusive.

I don't believe we should judge students on how well they can recite textbooks verbatim and memorize formulas. We should look at university as a place for breeding critical thinking and intellectual curiosity. Not only that, they are places for personal growth, blossoming independence and cultivating all those basic life skills you didn't figure out back when your parents were doing your laundry and cooking your meals.

That said, universities aren't grownup summer camps and they shouldn't be treated as such. More than anything, those four years are about higher education, and if you don't have the marks to get there how are you going to get the marks to stay there?

Register at metropolitanpanel.ca and take the quick poll

So how about that game on Sunday?



Local tweets

@Mirvish: Thank you, Twitter! #BookofMormon is trending in Toronto. Glad to know you're all as excited as we are! @BookofMormonBWY

@congresscanada: We're so excited to hear that the #BookOfMormon is coming to Toronto! @Mirvish Productions has done it again!

@Tymlee: I know many on the left are against an #lpc #ndp merger, but I would gladly sacrifice purity of ethos to rid us of Harper's #cpc #cdnpoli

@originalaimes: I went to sleep in february and apparently woke up in april? #randomweather #toronto

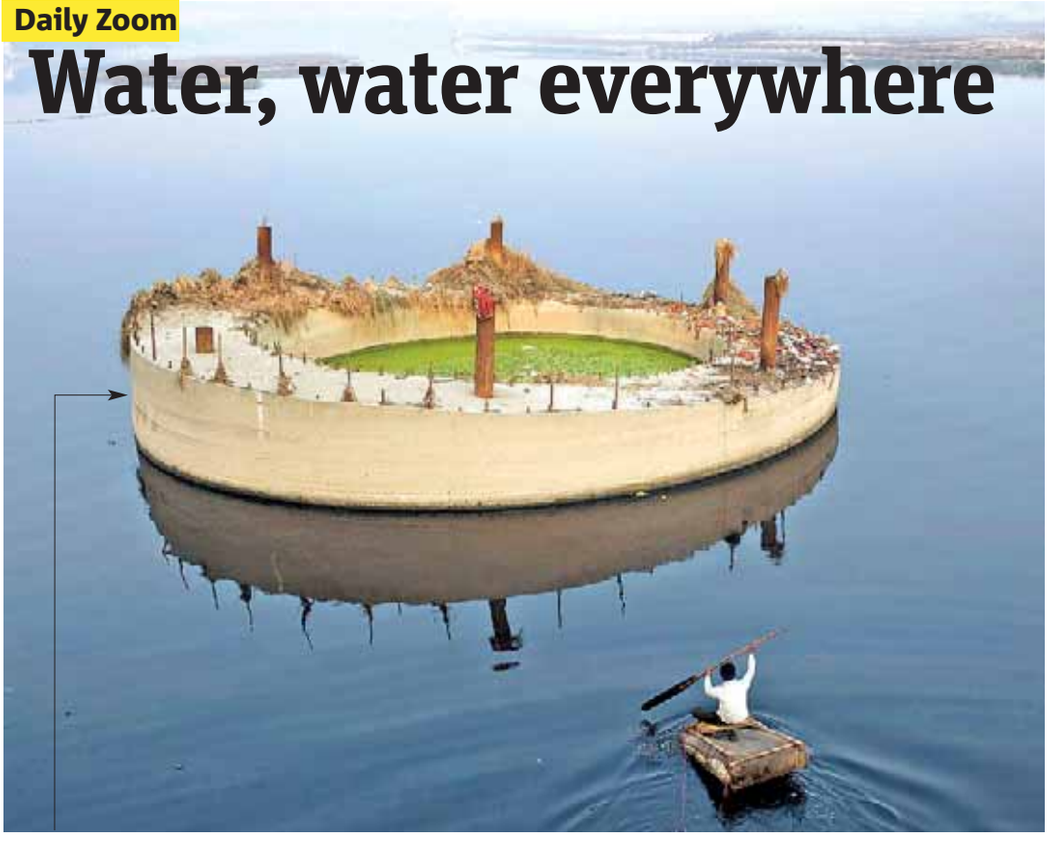
@CoreyCaplan: Funniest moment of #tocouncil today: @gordperks walks two circles around @AdamCF. Says "what goes around, comes around". #TOPoli

@danlizee: These goals the #Leafs are scoring are looking ridiculously easy. #Oilers

KEVIN FRAYER/THE ASSOCIATED PRESS

Daily Zoom

Water, water everywhere



An Indian man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy River Yamuna in New Delhi on Monday. THE ASSOCIATED PRESS

Drying up

Environmentalists say only 30 per cent of Yamuna's original river bed is left today. In 1962, the full river bed was visible in areas such as north Delhi, east Delhi and Noida, according to the Deccan Herald.

Nor any drop to drink

The Yamuna is one of the world's most polluted rivers while supplying more than 60 per cent of the water needed by the Delhi region.
THE ASSOCIATED PRESS

400X The level of total coliforms like fecal bacteria, which indicate presence of disease-causing bacteria in the water, are 400 times higher in New Delhi compared to tests performed upstream, a report says.

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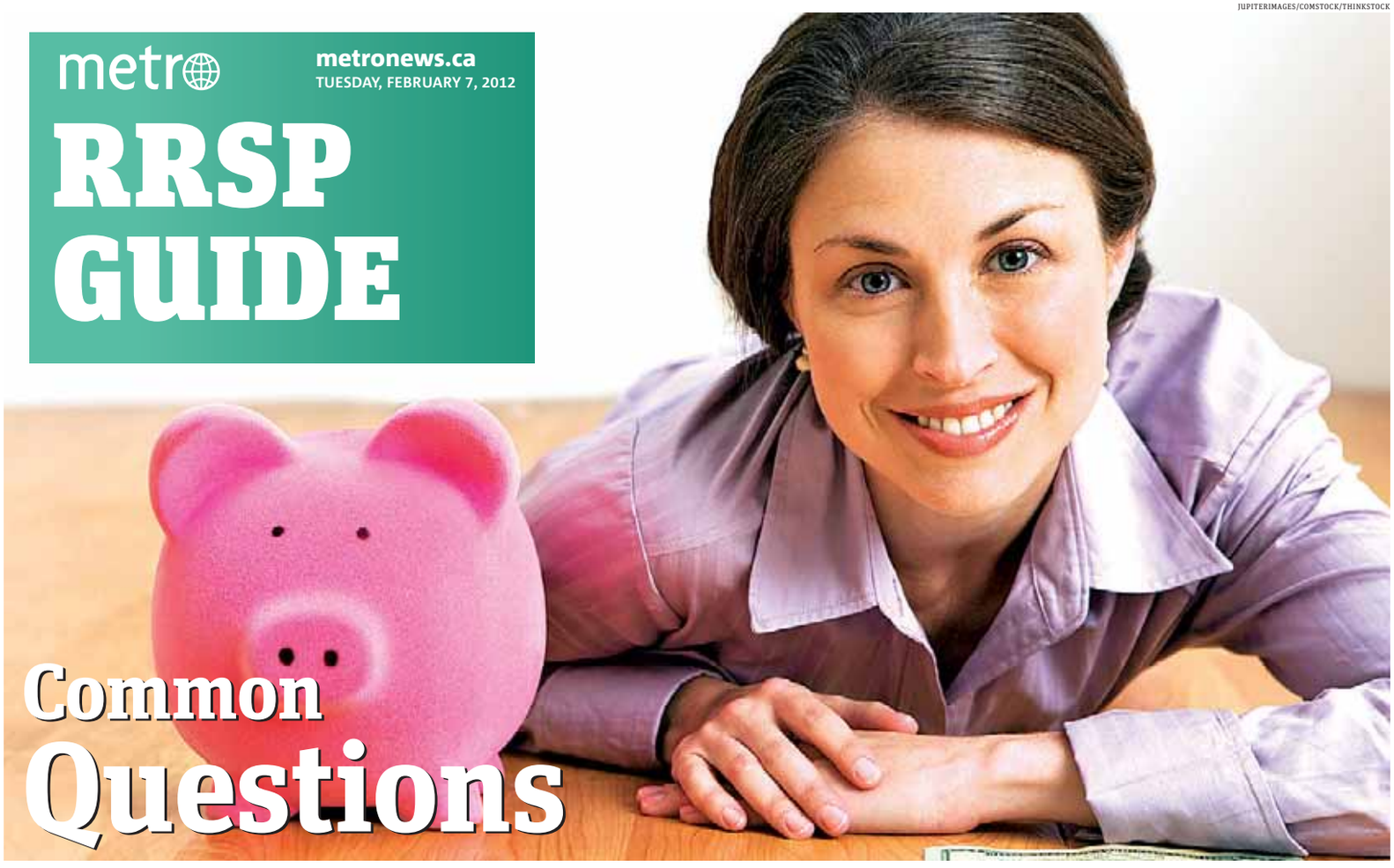
TUESDAY, FEBRUARY 7, 2012

RRSP GUIDE



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Common Questions

Why should you contribute to an RRSP? Can I use RRSPs to buy a house? What's the best type of RRSP fund?

JANE DOUCET
FOR METRO

If you're not exactly sure what a registered retirement savings plan is, you're not alone.

"Even though RRSPs have been around since 1957, there's still some confusion surrounding them," says Paul Lermitte, a Vancouver-based certified financial planner with Assante Wealth Management. Here, Lermitte answers the following common RRSP questions:

Why should I contribute to an RRSP? One important reason is that RRSPs will help you save for retirement. An added benefit is that if you are in a mid-range to high tax bracket, contributing annually to an RRSP will give you a tax break each year.

"If you're in a lower tax bracket—say, anything below $35,000 annual gross — you might be better off putting your money in a tax-free savings account," says Lermitte.

Can I use my RRSPs to buy a house? Yes — but you have to be considered a first-time homebuyer. If you meet those requirements, under a federal government program called the Home Buyers' Plan, you can withdraw up to $25,000 from your RRSPs in one calendar year to help finance a house purchase. "Generally, you have to repay all withdrawals to your RRSPs within a period of no more than 15 years until the balance is zero," says Lermitte.

What's the best type of RRSP fund? "Don't go for 100 per cent bonds or 100 per cent equities," says Lermitte. "The volatility will be too harsh." If you are working with a certified financial planner, ask them to put your money in what's called a "balanced fund."

With the downturn in global markets, are RRSPs a wise investment? "They are absolutely still a smart investment option," says Lermitte. "When the markets are volatile, it's important to stay the course."

Try to contribute to an RRSP every year — and to push yourself to funnel more money into it each year than you did the previous year.

In the beginning

- **Prime Minister John Diefenbaker's** Conservative government introduced RRSPs in 1957 to motivate Canadians to save for retirement. Before RRSPs, only those who belonged to employer-sponsored registered pension plans could deduct pension contributions from their taxable income. Several legislative changes have occurred over the decades that have encouraged larger RRSP contributions, including extensive amendments in 1991.

The entire concept of retirement is changing

JANE DOUCET
FOR METRO

If hindsight is 20/20, no one would make mistakes — including RRSP missteps. Now, more than ever, it's important to invest wisely.

"The whole concept of retirement is changing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Experts predict that in the coming years, more retirees will work part time or venture into self-employment, some because they want to and others to make ends meet. Even if you enjoy working, you will likely want to — or have to — stop at some point.

If you don't want to be invited late to your own retirement party, try to avoid making these RRSP mistakes:

Don't wait too long to start. Even if all you can afford to sock away is $25 per month in your 20s. "Most people don't start thinking about retirement investing until they're in their mid-40s," says Pollock. "That's too late." To get the best RRSP returns, you need to take advantage of compound interest over several decades.

Don't misjudge how much you will need. "Underestimating how long you think you'll live can result in a savings shortfall," says Pollock. Paint a clear picture of how you envision retirement. Do you want to travel in Europe in your 60s? Or simply not worry about covering the rent in your 70s and beyond?

Don't invest while drowning in debt. Saddled with student loans or credit card debt? "It's best to pay down all or as much as you can before you start contributing to RRSPs," advises Pollock.

Don't make infrequent contributions. If you are tempted to skip a year here and there so you can afford to buy that expensive item you have been eyeing, resist.

"Get in the habit of making annual contributions to your RRSP," says Pollock.

"The more you invest over the long term, the better the returns."

What if?

- **Even if you are** on RRSP track, are you financially ready for life's curveballs? In It's Your Money, author Gail Vaz-Oxlade includes such chapters as Just in Case You Divorce, Just in Case You Become the Sole Breadwinner, and Just in Case You Become Widowed. In other words, hope for the best, but prepare for the worst.

Be methodical with your contributions

YLVA VAN BUUREN
FOR METRO

Do you hear the clock ticking ... time is running out if you intend to contribute to an RRSP.

The deadline for contributing and using it on your 2011 income tax return is Feb. 29, 2012. The deadline, usually March 1, is different because it's a leap year.

What is also different this year is the slight increase in the amount you can contribute. For 2012, the contribution limit is 18 per cent of your income in 2011 to a maximum of $22,970.

The federal government introduced RRSPs in 1957 to encourage Canadians to save for retirement.

The biggest benefit is the immediate tax savings, says David Gillan, vice-president of T.E. Wealth. "You get a tax deduction for the year that you put it in." Your total income is reduced by the amount you invest in your RRSP. That means you pay less tax and are left with more of the money you earned, says Gillan.

"RRSPs are also a good savings plan ... they keep you disciplined," says Jillian Bryan, an investment adviser at TD Waterhouse, Vancouver. If you are paying into a plan like this, it's hard to pull the money out and you will be less likely to do so.

Furthermore, every dollar grows without attracting any tax through its accumulation, says Richard McKenster, spokesperson for Advocis (the Financial Advisors Association of Canada), Halifax. "If the fund earned six per cent, the fund earned six per cent."

In most cases (and this is where a financial planner can help), you will be in a lower tax bracket when you are retired and, as a result, the "income" from your RRSPs will be taxed at a lower percentage rate.

Keep in mind that if you have a spouse, says Bryan, you can set up a spousal RSP and income split with the higher income earning spouse. Again, you will save because of the lower tax bracket.

RETIREMENT PLANNING

Retirement planning is a continuum, says McKenster of ADOCIS, beginning when you finish school and continuing through your working life. "It's all about at some point cashing out and retiring and using income from investments rather than earned income."

"And it's not that painful when you're methodical about contributing," says Bryan. "If you don't want to do a budget, then just pay yourself first (take 10 per cent however often you get paid) and make sure you are maximizing your contribution."

The earlier you start, the richer the whole process becomes.

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Make the most from your money

Don't wait until the last minute to contribute to your RRSP fund

YLVA VAN BUUREN
FOR METRO

JUPITERIMAGES/BANANASTOC/THINKSTOCK

Are you one of those people who scramble every February to make an RRSP contribution before the end of the month?

While that scenario is definitely better than not contributing at all, experts point out that you are not getting the most out of your money.

David Gillan, vice-president, T.E. Wealth, says what a lot of people do is either deposit the lump sum based on what they can contribute or how much they have to put in to break even and not pay any taxes. But they often wait until the end of February.

"Ideally, we'd like to take a lump sum and put it in Jan. 1 of each year," he says. "That way the money is in there and starting to grow tax free for you."

Of course, most experts recommend contributing a certain amount of money to your RRSP every month. "As markets move up and down through the year," says Gillan, "at the end of the year it should average out to be a better return for you overall because you're not just lump-summing it."

Even better, you will have a retirement savings plan in place.

Should you take a loan for your RRSP?

Many people do. Since the RRSP loan itself is the security, when banks lend out money for an RRSP it's generally only a one-year term. You just have to make sure whatever you are borrowing to put into your RRSP you can pay back every month. And you should still be able to make your current RRSP monthly contribution.

Also, remember that you don't get to write off that interest because you are using it to put into a RRSP.

SAVINGS PLAN

"The rule of thumb keeps changing," says Gillan, "but we always say for every dollar you need in retirement, you need to put away about $20 in savings."

That's based on 30 years of retirement income as well as three per cent inflation and an optimistic return of seven per cent overall.

Be sure to work with a financial adviser who will review your entire portfolio with you.

Investment options are growing with the TFSA

SMART INVESTING

TALBOT BOGGS

The tax-free savings account (TFSA) offers Canadians a significant opportunity to develop a tax-free income and is another retirement planning option to the older and better-known registered retirement savings plan (RRSP).

"People should definitely not overlook the TFSA because it provides a significant opportunity to build a tax-free income," says Dave Ablett, director of tax and retirement planning with Investors Group.

Since they became available in 2009, about 6.7 million Canadians have opened TFSA accounts, which now have total assets of about $43 billion.

The TFSA allows holders to contribute up to $5,000 per year.

Unlike RRSPs, there is no tax deduction for contributions to a TFSA. RRSP contributions are deductible and reduce your income for tax purposes. However, the money you contribute to your TFSA and growth through interest, dividends or capital gains are not taxable, except for any foreign tax on foreign investments. As well, your withdrawals are tax free.

Money in a TFSA can be invested in the same instruments as an RRSP such as stocks, bonds, GICs and mutual funds. Any unused contribution room can be carried forward, and if you withdraw money in one year from the account, you are allowed to put it back, but only in the year after it is withdrawn.

FUSE/THINKSTOCK

The TFSA has a number of benefits, particularly for seniors.

Money from a TFSA is excluded from income-tested benefits and tax credits such as the GST credit and the Old Age Security and the Guaranteed Income Supplement and will not reduce those benefits.

Unlike an RRSP, you can contribute to a TFSA after the age of 71.

As well, you can pass on your TFSA when you die.

Only a spouse or common-law partner can be named as a successor holder, and upon the death of the TFSA owner the successor holder immediately becomes the new owner of the TFSA.

If the spouse is named the beneficiary of the TFSA, they can elect to transfer the assets at the owner's death to their own account without affecting their contribution room. Any TFSA income earned after the death of the TFSA owner is taxable to the spouse.

Another benefit of the TFSA is that you can assign assets in your account as collateral for a loan, something you are not able to do with an RRSP.

There is some confusion among Canadians about TFSAs. Some recent studies have found one of the main reasons Canadians have not opened a TFSA account is that they don't fully understand how they work.

As well, many people still are not aware that the accounts can hold more than simply cash and savings, a fact that some financial experts have said indicates the TFSA may be misnamed as a "savings" account.

The TFSA has appeal for people in their prime accumulating years, those who are actively building retirement assets and for low-income earners who can't take full advantage of tax deductions from contributing to an RRSP.

It will particularly benefit individuals who will need access to funds before their retirement, and those with little or no room to contribute to their RRSPs.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Work your plan to get answers you need

A financial plan can help you prioritize your goals, save money, focus on the bigger picture, and worry less about money, but most of us aren't working our plan. Recent IEF research shows Ontarians score low on knowledge of financial planning and setting goals. But a larger concern was the wide gap between knowledge and action.

"For the most part, Canadians know that they're supposed to save for a rainy day, an emergency, a vacation or their retirement. But they're not doing it," says Tom Hamza, president of Investor Education Fund (IEF), a Canadian non-profit organization dedicated to financial literacy and education.

Hamza recommends you put your plan to work using tools and calculators from the IEF to get answers to your money questions:

- How much do you need to retire comfortably? Take the Retirement Lifestyle Quiz.
- How much will your RRSP be worth at retirement? Check the RRSP calculator.
- Should you pay off debt or invest? Use the Pay down debt or invest calculator.
- What's the best way to pay off my debts? Try the Pay off credit cards and debt calculator.
- Where should I focus my efforts? Take the Cranial Cash Clash

IEF tools and calculators are available at GetSmarterAboutMoney.ca.

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Priority is to pay yourself first

Nearly 70 per cent of Canadians either have an RRSP or plan to start one this year, according to a recent Investors Group poll (Investors Group RRSP Intentions Poll, December 2010).

Meanwhile, the majority of the approximately three-in-10 who do not have an RRSP say they don't have enough money left after paying their bills to consider investing. Gas, groceries, home expenses, the kids, taxes, a workday coffee or lunch — it all adds up, making it difficult to set aside money for investing.

"Paying your bills and your debts is very important, but your mantra should be 'pay myself first,'" says Murray Pituley, director, Tax and Estate Planning at Investors Group. "Contributing to your investments within an RRSP and other forms of saving and investing is the best way to financial and retirement comfort."

Murray shares three secrets to regularly fund your investments using money you already have.

"Cut back on your personal indulgences — like that expensive designer coffee."

- Consolidate debt and use the "found" money from your lower monthly loan and debt payments to fund your investments.
- Be tax smart and invest the extra money each pay period.
- Cut back on your personal indulgences — like that expensive designer coffee.

Once you have uncovered those "hidden" investment dollars, Murray suggests putting them to work immediately by setting up a Pre-Authorized Contribution plan (PAC) that makes automatic withdrawals from your bank account and transfers them to an investment account. METRO

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Vowing to stay true to roles

Rising actor Channing Tatum initially turned down the lead in new romantic drama

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METRO WORLD NEWS IN LOS ANGELES

HANDOUT

▶ Actor Channing Tatum, left, stars with Rachel McAdams in The Vow, based on the real-life story of a couple trying to rebuild their relationship after a car accident robs the wife of her memories.

Director Michael Sucsy isn't afraid to admit that Channing Tatum initially passed on his lead role in The Vow, his new romantic drama based on a true story co-starring Rachel McAdams.

The film follows Leo and Paige, a couple trying to rebuild their relationship after a car accident robs Paige of her memories — including those of her husband. So what was so wrong with the project, according to Tatum?

"When I read the first version of the script, it felt like Leo was just too great. He was too good, too perfect. He was so understanding that I didn't believe him as a real person," Tatum says, adding that he had trouble connecting with the character. "I wish I could say I'd be that understanding," he says. "I think it would be more frustrating."

So how did Sucsy lure his leading man back to the project? Having McAdams on board didn't hurt.

"As soon as I heard that she was on it, I was like, 'I'm in,'" Tatum admits — but first they had to make some changes to his character.

"We tried to put more frustration in there," he says. "I think you would have to swallow so much, and that's what we were trying to do with Leo. I even wish we'd have went a little step further with it, but I think it might've been too heavy."

Of course, they could always refer back to Kim and Krickitt Carpenter, the real-life couple on whose story The Vow is based.

But the Carpenters made Tatum more nervous than anything else: "I was worried. I was nervous to meet [Krickitt] because I didn't want him to hate what I was doing with their story," he says. "But they were so positive. I think they were just so thankful that their story was going to be out there — or a version of it."

Speaking of real-life situations, part of Tatum's own life will be hitting theatres later this year with Stephen Soderbergh's Magic Mike, which the actor co-wrote, focusing on a particularly revealing part of his young life.

"I was a stripper for about eight months between 18 and 19 years of age in Florida," Tatum says. "It's a part of my life that I'm not so proud of, but I'm not ashamed of it. If anything, I will stand by it because it was one of the most pivotal parts of my entire life. It was crazy."

It's also the kind of personal history most A-list stars would try to cover up — something Tatum admits he was pressured to do at first.

"[My publicist] was like, 'No no no, we're not saying anything about it,'" he says. "I'm like, 'Look, it's going to come out, I'm telling you. We should just say it, because I'm not ashamed of it. I'm telling you we should talk about this because I think it's hilarious, and I'm not afraid to talk about it.' I will tell you, though, after the film comes out I will never talk about it again. I'll be like, 'Enough said, watch the movie.'"

Ad advantage

- An acting career — and a clearly successful one at that — likely wouldn't have happened for Channing Tatum if it hadn't been for one visionary director.
- "I just fell into this Pepsi commercial that was directed by [renowned Indian director] Tarsem, and it was such a fun experience," Tatum says. "It was one of those moments when I was like, 'Oh my God, this is everything I've ever wanted to do.'"

GETTY IMAGES

▶ M.I.A.

NFL, NBC sorry for M.I.A. gesture

Performing with Madonna on their new single Give Me All Your Luvin' during the halftime show at Super Bowl XLVI, singer M.I.A. faced the camera and held up a middle finger Sunday night.

The gesture instantly lit up Twitter, with some wondering if it would become this year's "wardrobe malfunction."

NBC, the network that aired the game, said in a statement: "We apologize for the inappropriate gesture that aired during halftime. It was a spontaneous gesture that our delay system caught late."

The National Football League, although in charge of the content of the show, blamed the network for not catching and censoring it.

"There was a failure in NBC's delay system," the league said.

"The obscene gesture in the performance was completely inappropriate, very disappointing, and we apologize to our fans," said Brian McCarthy, spokesman for the NFL, which produced the show.

M.I.A. also may have said "I don't give a s***," but it was hard to hear. The singer has a long history of provocation, both onstage and on her albums, but who knew she'd out-controversy Madonna? It was the first rude halftime show gesture since 2004, when Janet Jackson's breast was exposed.

In that case, the television network was fined $550,000 for indecency by the Federal Communications Commission. Only last year did they win an appeal.

METRO

2 scene

Ellen's in

JC Penney continues to support their decision for hiring Ellen DeGeneres as the spokesperson despite an outcry from the One Million Moms group.

One Million Moms, a project of the American Family Association, is arguing that because DeGeneres is gay, JC Penney is not presenting the image of a family-friendly store.

The organization insists that JC Penney should "replace Ellen DeGeneres as their new spokesperson immediately and remain neutral in the culture war."

What do you think? By supporting an openly gay woman, is JC Penney taking sides in the "culture war"? Or are they just supporting a popular comedian?

METRO

Best new artist Grammy nominee J. Cole has gold album, platinum single, but wants more

DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

Anonymous
Genre: Drama
Director: Roland Emmerich
Stars: Rafe Spall, Rhys Ifans, Vanessa Redgrave

Anonymous is another version of the Shakespearean authorship whodunit, and it's one of the hoariest.

It's the conspiracy theory that states Edward de Vere, the powerful 17th-century Earl of Oxford in the court of Queen Elizabeth I, was the real pen behind the works attributed to William Shakespeare.

Director Roland Emmerich and screenwriter John Orloff don't care if the preposterous premise is true or not.

Their Shakespeare, played by Rafe Spall, is a semi-literate lout, a boozing, whoring, blackmailing thief who has no qualms about perpetuating a fraud as long as enough gold crosses his palm.

Brit rom-com clown Rhys Ifans is the earl, a casting choice that seems miraculous.

Given the rare opportunity of a dramatic lead, he creates a deeply shaded Oxford. He plays against Vanessa Redgrave's Elizabeth, another casting coup.

They and other fine actors nimbly tread the rotten boards of this story, which also has Elizabeth as a randy minx of a monarch, whose many tumbles included an incestuous union that resulted in a secret son.

Anonymous is so dubious in its intent and so tangled in its execution that it might have worked better as a comedy like Notting Hill or The Boat That Rocked, where Ifans could agreeably play the fool as before.

But Ifans and Redgrave are a lovely surprise. They must have sussed that it's better to float atop a swamp than drown in it.

Extras include a commentary with Emmerich and Orloff and the featurette Who Is the Real William Shakespeare?

PETER HOWELL

▶ Anonymous

▶ Knuckle

Knuckle
Genre: Documentary
Director: Ian Palmer

It's like a real-life Fight Club set in Ireland. Members of three rural clans settle disputes big and small by pounding the pulp out of each other in secluded back lanes or farm lots.

Sometimes it's just for family honour, other times it's for big money — as much as 60,000 pounds ($95,000).

The families wind each other up by sending taunting videos, which are more silly than scary.

Director Ian Palmer spent 12 years making this documentary, gradually gaining the trust of a secret society of Irish gypsies known as Travellers, a name that recognizes their roots as itinerant workers.

He watches over the years as young men become older, fight each other, patch things up and then resume scrapping again.

The mutual hatred has some root in two murders that occurred at the start of the 1990s, but it seems the urge to bash has passed down through the bloodlines for as long as anyone can remember.

Saddest thing of all is watching how young children get caught up in the feud, perpetuating a tragic cycle of violence.

PETER HOWELL

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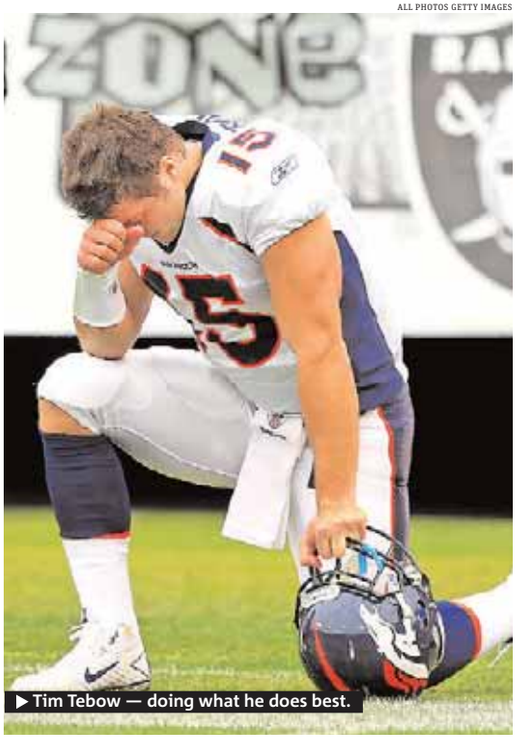
Katy Perry and Tim Tebow... a match made in heaven?

Newly single singer dedicates a song to the football player at a pre-Super Bowl party Perry's parents want a 'good Christian' man for their daughter

ALL PHOTOS GETTY IMAGES


Tim Tebow — doing what he does best.

Katy Perry

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Katy Perry made her first U.S. concert appearance since husband Russell Brand filed for divorce, playing a pre-Super Bowl party in Indianapolis, according to People magazine.

And while she made no mention of Brand, she did apparently have another guy on her mind: "This one goes out to Tim Tebow," she said before playing her song Peacock.

It was previously reported that Perry's religious parents were eager to set their newly single daughter up with the football player because "above all, he's a good Christian."

If you need a rebound who is the exact opposite of your soon-to-be ex-husband, Tim Tebow is probably it.

Pitt and Clooney love to one up each other

Brad Pitt wants to make it clear that he fired the first shot in his ongoing practical joke war with pal George Clooney, claiming an elaborate joke during filming of Ocean's Twelve marked the beginning of hostilities.

"I sent a memo to the entire Italian crew, in Italian, that said, 'Dear Crew: We wish you a wonderful shoot. George Clooney asks that, this is a very difficult role for him. He needs to concentrate deeply," Pitt explains during an Inside the Actor's Studio" interview.

"Mr. Clooney asks that you try not to interrupt him, look him in the eye. If you do need to address Mr. Clooney, please refer to him only as 'Daniel' or 'Mr. Ocean.' It went on for two weeks. He handled it gracefully, but he was becoming unnerved, I think."

Brad Pitt

George Clooney

And what about Clooney's recent promises for a new, even bigger prank he plans to pull on Pitt?

The Moneyball star says he's got his retaliation move ready to go. "Whatever he's got, this is uglier. It's so bad, I don't even know if I can do it," Pitt says.

METRO

Aniston and Theroux all lovey-dovey

Jennifer Aniston and Justin Theroux's romance appears to be going strong, as the pair were spotted over the weekend sharing a "snuggly" dinner at the Sunset Tower in Beverly Hills.

"They looked really happy," a source tells People magazine. "They were so cute, and when they were walking out he put his arm around her."

METRO

Jennifer Aniston and Justin Theroux

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Get more Karl

Want more Karl Lagerfeld? Visit metronews.ca to read about some of the fashion legend's muses, including Florence Welch, Edgar Ramirez and Azealia Banks.

Lagerfeld also gives us a look inside his personal office, and provides an insider's guide to his home base, Paris.

You can also watch Lagerfeld as he spends a day in our Metro Paris office, where he acted as guest editor-in-chief for a day.

METRO

Scan this code for more Karl Lagerfeld content, or visit us at metronews.ca/karl

Karl on...

FAST FASHION.
"You can be very well dressed with lower prices now. T-shirts, jeans and things like this are not that expensive and they can be impeccable. What is horrible is fancy clothes that are inexpensive and look the part."

FASHION'S LOVE OF DECADES PAST.
"I don't make package deals. It's a bad thing today. Now they do the '70s and then they do the '80s and then they do the '90s and then they go back to the '20s.

It's because lots of editors are not that great and they need package deals. They don't know what to do. Because in the '60s and '70s — I remember because I was around — no one ever talked about what it was like in the '50s, because it was just different.

Now they have a hundred years to go back to every decade and that comes back all the time. In a way, it's something sad. They are lost."

HIS CLOSET.
"My dressing rooms are a shame. I'm a very messy person for clothes and books. [Where I live, it's] a huge place, bigger than this one, and you can hardly walk through it because there are so many piles of books.

And in the dressing rooms there's only a passage like this to get through because it's all on racks and things like this. But I love it.

There's no kitchen — only a place where you can warm up things. If you want food, you have to bring it there. I don't want the kitchen smell. No, no, no, no, no."

Karl Lagerfeld: The last

This designer refuses to be defined Now 73, he drinks Diet Coke, quotes Percy Shelley and, with two new lines, still makes women clamour for his clothes

HUNT
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METRO WORLD NEWS IN LONDON

It's 5 p.m., and Karl Lagerfeld was due to arrive at 3:30 p.m. So his press team and I, sitting in his private office on Paris' Left Bank, munch on Magnum Ice Cream bars, a brand for which he's directed commercials.

I try not to drip chocolate as I carefully leaf through biographies on Chagall, Duchamp and Dalí, just a few of the titles that make up four white walls of pristinely organized books.

A staffer offers me a pink bottle of Diet Coke emblazoned with a miniature ponytailed Lagerfeld and designed by the man himself. I pour the soda into a sleek, cube-shaped Orrefors glass created by, you guessed it, and then sip my drink underneath a giant crystal antique chandelier.

Finally, Lagerfeld arrives looking impenetrable in dark glasses and leather, but he has the sniffles. Welcome to Karl's world, a contradictory mixture of the old-fashioned and thoroughly modern, the rarefied and the mass market, the untouchable and surprisingly vulnerable.

Nice to see you again. Have you read all of these books?
Yes, but most of the books are books you look at. This is not a library with reading books. My reading books are somewhere else. I haven't looked at every book. I don't buy them by the meter to make a wallpaper, hmm?

But you can spend hours looking at these. So when I'm late, I think people have so much to look at, to learn, that I don't feel too guilty. But you know, it's not my fault because when the first appointment is late, you're late after all the time. I had an appointment at 11, they arrived at half past 12. What can you do, huh?

It's good to know that you're human.
I look the part. But I'm not that human, hmm? But more down to earth than me you will never find. You cannot be more down to earth.

You're about to re-launch your Karl Lagerfeld brand as two collections, both of which will be sold online and one of which is very affordable. Why now?
These days, it's much easier to use decent fabrics for not so much money. Really great. When I did H&M, which was already seven years ago — I cannot believe it — I had a kind of appeal for people who buy inexpensive.

I don't say cheap because people are cheap, but clothes are not supposed to be cheap — they are supposed to be well designed and not expensive.

There's a very big difference, ah? So [the Karl Lagerfeld launch] has the top and the top of the inexpensive. I don't say low because there is nothing low.

When I did H&M, everyone said don't do it. And it worked. When I took over Chanel, everyone said to me, don't do it, it's dead, it doesn't work. It worked beyond. So I better not listen to people and follow only my instincts.

Do you spend a lot of time on the Internet?
Yes. I spend a lot of time — no, time passes so quickly that nothing is ever a lot of time.

Do you ever shop online?
Not personally, I don't do it because I don't have the Internet, you know. I don't do the Internet myself but everyone around me does it for me. And if I want to buy, I buy things from the Internet but it's not me personally. I don't give the number of my credit card and all those things.

Excuse me one second. Why do we have a visitor? I didn't know we were going to have a visitor. This is why I'm late you know, because people come who don't have an appointment and say they had an appointment.

Life with Karl Lagerfeld.
Yeah, but it shouldn't be, you know? I don't make meetings, it bores me to death. I never make meetings. You know what I call meetings?

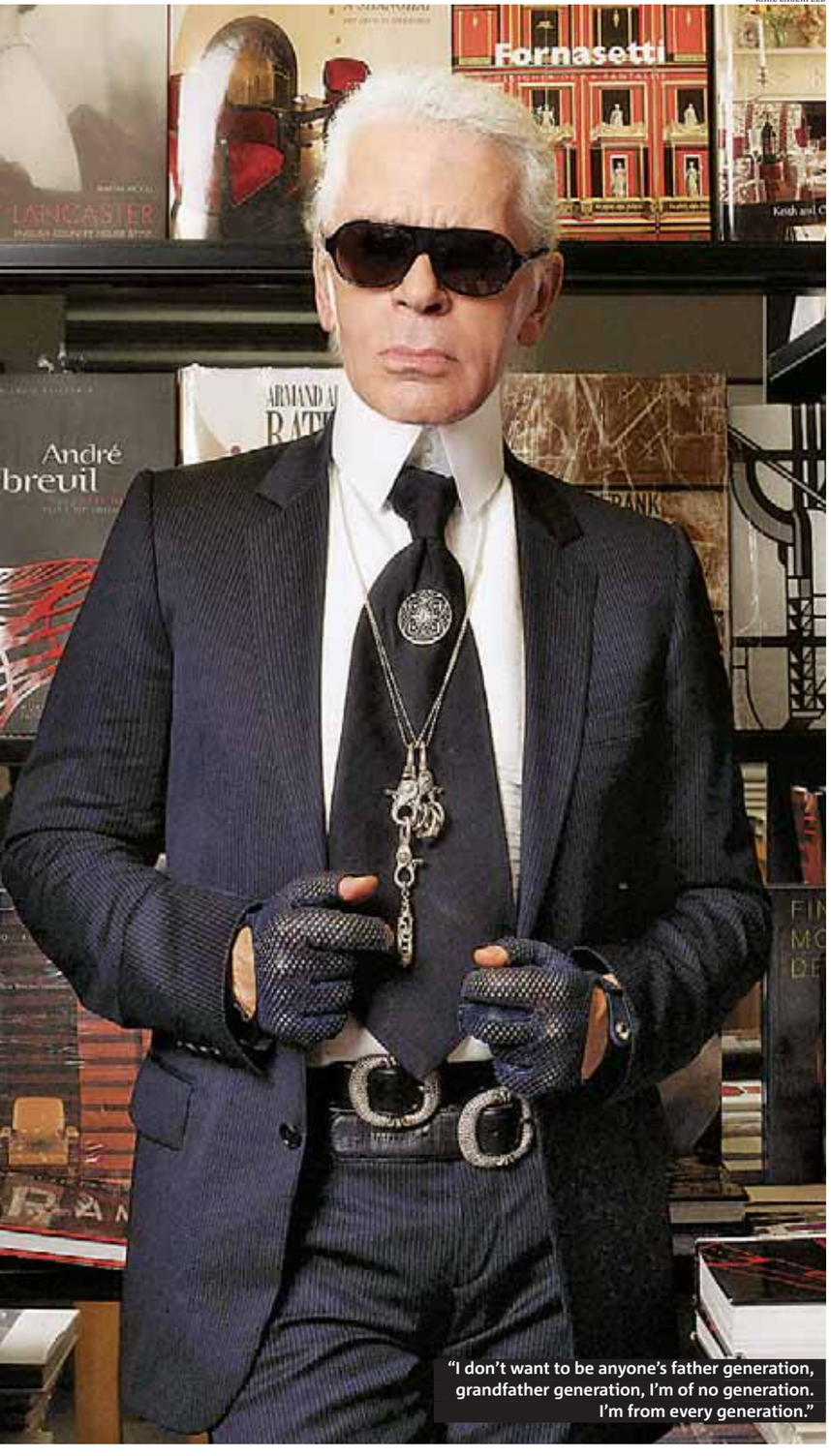
No, what?
Salary justification. That's why people meet for hours. Whenever they want to talk to me, they meet for hours.

What is your response, to people who say you do too many collaborations?
I couldn't care less. It depends if I know the people. If unknown people say this, they should send me a note and explain why. The limit is up to me to decide.

You're known for constantly moving forward and really capturing the now. But are there any moments from the past that you hold especially dear?
I'm not a vintage specialist. For nothing. Not for my life, not for my work, for nothing. I have no archives. Maybe the houses keep archives. I have nothing. I'm not interested in what I did. I'm just

great couturier

KARL LAGERFELD



"I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation."

interested in what I'm doing, what can be inspired.

You've influenced many people. Who has influenced you?
You know, don't put influence into words. Influence has another name and that's called copying. It's in the air, I don't know. I'm like a TV antenna.

Do you watch a lot of TV?
I like to be on TV but I don't watch TV. I have no time for that. You know, that's another thing. When I'm at home alone, I hate voices. I like music or singing, but I hate voices and stories. It has the feeling that they enter my life. I love to be alone to read, to sketch with music, but I don't like ready-made images. I prefer to live on my imagination.

You live in six different places — where are those six places?
I have one where I live and sketch, here is my private office, then I have a townhouse for entertaining, my photo studio and all of this on the corner here. And then I have two apartments that are guests' houses, because I don't want people in my house.... I don't want any promiscuity, I'm not into that.

Speaking of promiscuity, do you have much of a sex drive?
Huh? I want you to repeat that.

Do you have much of a sex drive?
No, I'm not very much interested in that. But it's not a question of time, people can make quickies you know. If you ask this kind of question, you get this kind of answer.

Quickies can be fun.
Good, good, good! I find you talk like Europeans [laughs]. I think sex is an overrated subject.

But it's the French way, though.
You know, I'm not French. I'm a bloody German.

When was the last time you were in love?
I don't know. I like freedom.

Do you find relationships too constricting?
Relationships happen for everybody, it can never be a problem. But it's not really my main thing.

If you had a child or a pupil or someone who you had to pass down words to live by, what would you pass down?
That's why I don't have children, mmm? There's nothing to pass down because everybody has to invent his own thing. I don't believe very much in this because what I learned, saw, and all that happened in other periods, and the world is different now.

I have a godson, who is small, three-and-a-half years old. Genius. He's got real personality and his parents have no authority. He loves clothes. He wants everything like me. He sleeps with his gloves and goes to school with black glasses on. It's so funny.

But I believe you have to find your own way. What I hate about children is that they put you in a generation mode. I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

Have you ever had a pet?
Yes, but they die so I don't like them. The drama is I had two I really liked and after they died I don't want another one. That's too depressing.

Are you afraid of death?
I couldn't care less. [Percy Bysshe] Shelley said death may be a waking up from the dream of life. But if you ask me, I think it's like a sleep where you don't wake up. You don't remember before, you don't remember after. The only thing is I don't want to be seen dead. So anyway, over, over. The battery is finished, huh, puff.

RELIGION.
"I was brought up without any religion because my parents suffered from an over-religious upbringing. I know everything about the history of religion but I cannot really believe in it.

A fortune teller had also said to my mother that I would become a priest, but she hated that because her mother was over-religious and my father was a son of Protestants who became Catholics who were hysterical. So they really had their childhood ruined by that.

My mother said, 'I've not been nine months pregnant to make a priest.' So, ugh, I was never allowed to go to church, to a funeral, to a wedding, nothing."

SAME-SEX MARRIAGE.
"I like lesbians having children but I'm not for men with children. Because a child needs a mother.

My mother used to say that men are unimportant. You can have a baby with any man you want. So maybe that influenced me. But, I think it must be horrible not to have a mother. To have two papas, I don't like the idea.

Women are better to bring up children than men, I'm sorry. Men have to take care of their careers, women are made for motherhood. Gay marriages are not made for that."

BEING PC.
"Political correctness makes the world very boring. They want to be ... but if you really know them, they are not that politically correct. Be politically correct, but don't talk about it."

How The Artist learned to tap dance

- ...and how Michelle turned into Marilyn, and Rooney got that tattoo
- We found out how this year's Academy Awards nominees morphed into their on-screen characters

▶ From left: Dance coach Ruiz, Dujardin and Bejo

JEAN DUJARDIN
(Best Actor)
BÉRÉNICE BEJO
(Best Supporting Actress)

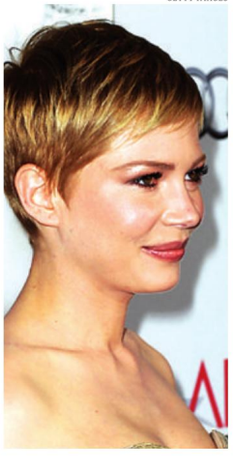
- **MOVIE:** The Artist
- **THE CHALLENGE:** Choreographer and tap dance coach Fabien Ruiz had to get the leading actors to dance like Fred Astaire and Ginger Rogers in this silent ode to classic cinema. He admits that training Dujardin and Bejo involved a lot of sweating: "Neither of them knew how to dance and, honestly, no one is naturally amazing at tap dancing," he tells Metro. Eight months before filming began, Bejo was training two hours a day, five days a week. Dujardin started a few months after, doing two hours a day, three to four times a week. They took separate lessons until they were at the same level and good enough to learn the choreographies.
- "Mastering the technique was easy. The hard part was making it look effortless and graceful on camera," says Ruiz. Another challenge: Bejo is petite, while Dujardin is muscular. "Physically they were on opposite ends of the spectrum. Jean worked on his lightness of step and Bérénice focused on grounding her power." The result grounds this fine romance.

GETTY IMAGES

MERYL STREEP
(Best Actress)

- **MOVIE:** The Iron Lady
- **THE CHALLENGE:** When Margaret Thatcher, the one-time Prime Minister of Great Britain, decided to throw herself into politics, she consulted a vocal coach to correct her 'screeching' pitch. Naturally, Streep did the same, seeking out top voice coach Jill McCullough. Together they worked on her vocal stamina, which, according to Streep, came from a place difficult to locate, "somewhere below and behind her diaphragm," It worked: She's now the frontrunner for the Academy Award.

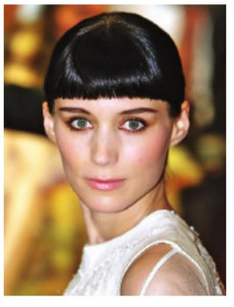
GETTY IMAGES



MICHELLE WILLIAMS
(Best Actress)

- **MOVIE:** My Week with Marilyn
- **THE CHALLENGE:** Naturally petite Williams admitted to Vogue magazine that most of the weight she gained to embody Monroe didn't enhance her lower body but instead went straight to her face, forcing her to pad her hips in order to create a more voluptuous figure. To help her re-enact Monroe's iconic wiggle, a crucial characteristic both when she walked and danced, she worked with movement coach Jane Gibson of theatre company Cheek by Jowl.

GETTY IMAGES



ROONEY MARA
(Best Actress)

- **MOVIE:** The Girl With the Dragon Tattoo
- **THE CHALLENGE:** To get under the skin of Steig Larsson's slim and tough heroine, Lisbeth Salander, Mara chopped off her hair into jagged bangs, shaved her eyebrows, and got her lip, brow, nose, ears and nipple pierced. To mimic Salander's edgy attitude and boyish stance, she took up kick boxing, skate boarding and learned how to ride a motorcycle. The dragon tattoo however, was not a permanent etching. It had to be applied daily, after hours in the make-up chair.

GETTY IMAGES

JESSICA CHASTAIN
(Best Supporting Actress)

- **MOVIE:** The Help
- **THE CHALLENGE:** Her role as housewife Celia Foote required Chastain to gain 15 pounds worth of curve overspill. She revealed that binging on soy ice cream helped soften up her figure: "Soy helps you become curvy because it has estrogen in it. I'd microwave it and drink it straight from the carton." She lost it thanks to her regular vegan diet and yoga.

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

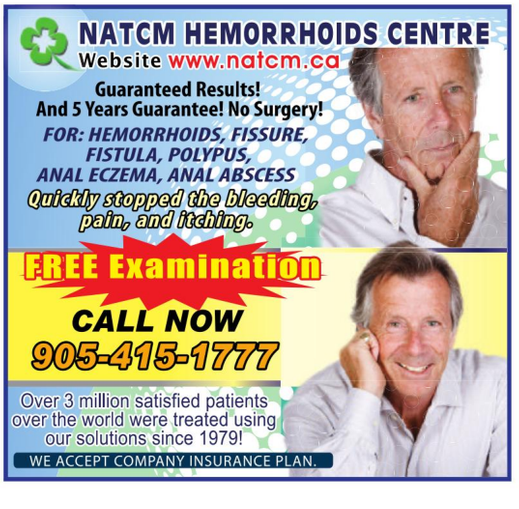
Special mention

GETTY IMAGES

▶ Pitt

BRAD PITT
(Best Actor)

- **MOVIE:** Moneyball
- Physically, he didn't need to change much but we're adding him anyway. After all, the man did manage to make a cane look cool on the red carpet.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Time to put down your diet drink

New study shows consuming diet drinks put you at greater risk of heart attack, stroke and disease

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Artificially sweetened drinks are not a healthy alternative of regular drinks, a new study shows.

Switching to diet pop? Be careful. A new study has found that drinking a diet soft drink every day can put you at increased risk of heart attack, stroke, heart failure and vascular death.

"It certainly wouldn't hurt to cut down, as you wouldn't be missing any important nutrients in your diet," Hannah Gardener, lead author of the paper and a scientist at the University of Miami, told Metro in a phone interview.

Gardener, along with colleagues from Miami and Columbia University in New York, analysed the eating and drinking habits of 2,564 people who had enrolled in the Northern Manhattan Study. Over the 10 years of the study, researchers found a 43 per cent higher risk for heart attack, stroke and vascular death in those who drank diet soda daily, compared to those who drank none. The study took into account confounding factors such as BMI, intake of fat and calories, and pre-existing illnesses.

Interestingly, people who occasionally drank diet pop or who drank regular sugary pop were not more likely to suffer from vascular events in this study.

Gardener was cautious in her advice about diet pop.

"I don't think people need to stop drinking it," she says. "It's only one study. More research is needed."

But she did add there is no harm in cutting back.

The research appeared in the Journal of General Internal Medicine.

The bottom line? Keep in mind that artificially sweetened soft drinks might not be a healthier alternative to regular pop, as the long-term health effects remain unclear.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Regrets: You have a few? Many of us did questionable things when we were younger. And it turns out that some of the health sins of our past are easily forgiven, while others have a longer-term impact. Here are some examples:

Having many sexual partners. Even if you didn't get a nasty STD, you might not have gotten away with it completely: The more sexual partners a woman has had, the higher her odds of getting HPV, which can lead to cervical cancer.

Smoking pot and cigarettes Marijuana smoke has 50 to 70 per cent more carcinogenic hydrocarbons than tobacco smoke, and high levels of an enzyme that converts smoke components into their most cancer-causing forms. As for cigarettes, the list of diseases that smokers are at risk for is very long.

Getting frequent sunburns Who would have thought that the effects of this youthful mistake are the longest lasting? Nearly 80 per cent of lifetime sun damage occurs before the age of 18.

The more sun exposure you had, the more likely you are to have wrinkles, freckles and discolouration later in life. Worse, you have a higher risk of skin cancer in later decades and your risk of melanoma goes up by 75 per cent if you used tanning beds before you were 35.

Read the full article in Best Health's January/February issue, on newsstands now.

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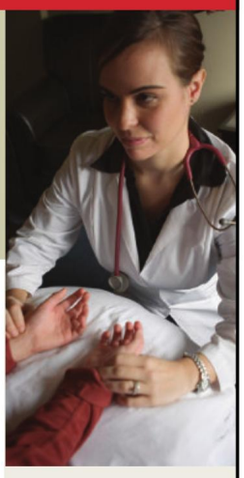

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STEPHANIE DICKISON

The Beijing ($10)

Tomes have been written about what components make a stellar grilled cheese sandwich, and subsequently, where to find the best in the city.

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Canadian Swiss cheese blankets moist, thick slabs of pastrami, pickled red cabbage and grainy mustard.

Enveloped by grilled whole-grain rye, this ensures the New York's ($9.50) place as an instant champion, though not an inexpensive one.

The Beijing ($10) is a knockout, albeit unusual. Small bits of BBQ pork slathered with hoisin, tangle with slivered green onions and a gooey layer of asiago.

On the matching green onion potato bread, it's stunning, but mints are a necessity after this one.

Hand-crafted sodas ($3) and bagged potato chips ($1.25) round out the meal. It might not be the healthiest thing on the planet, but it's sure damn tasty.

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THE CANADIAN PRESS H/O

Slow Cooker Muesli

Preparation:

1. Spray inside slow cooker crock with non-stick spray. In crock, combine rice, dried apples, wheat berries, oats and barley. Stir in water, maple syrup, vanilla, cinnamon and salt. Cover.
2. Cook on High setting for 2 1/2 hours or until grains tender. Add butter, stirring muesli and adjust texture by adding water if desired. Serve with yogurt and additional maple syrup.

THE CANADIAN PRESS/ RICE-INFO.COM/ ADAPTED BY EMILY RICHARDS

Ingredients:

- 175 ml (3/4 cup) uncooked long grain brown rice
- 250 ml (1 cup) finely chopped dried apples
- 75 ml (1/3 cup) each wheat berries, steel cut oats and barley
- 1.5 l (6 cups) water
- 50 ml (1/4 cup) pure maple syrup
- 10 ml (2 tsp) vanilla extract
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) salt
- 15 ml (1 tbsp) butter
- Vanilla yogurt

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CHIVALRY NOT DEAD YET, BUT IT'S UP TO PARENTS TO TEACH IT

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Charles
I think of the good old days when a man or boy offered his seat on the bus or subway to an older person or woman. I believe this was the correct thing to do. What do you think?
Signed,
I'm not an old spinster!

ISTOCK

▶ Take note fellas. The chivalrous thing to do on transit would be to offer your seat to a woman.

Dear I'm not an old spinster!

We think back to a time in history when the air was pure, people were safe and properly dressed, they had polite manners and conversations with each other, and life was wonderful.

Well, I don't want to burst anyone's "happy-place bubble," but that time in history never really happened.

However, there was a time when chivalry was commonly practiced.

A man was always most respectful of women. I personally don't believe that chivalry is dead; I observe that when it is practiced, it is very much appreciated and welcomed.

So what's my point? I believe chivalry must be taught.

Parents who go out of their way to teach their children these manners give them great social advantages, because nobody is ever criticized for being polite or a gentleman, but everyone is always criticized for their rudeness and lack of manners.

So gentlemen, on this Valentine's Day, remember your manners — it's always worth it!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

WHEN A CHEATER GETS CHEATED ON

TWO SISTERS

I recently found out that my long-term girlfriend had been cheating on me. Obviously I was upset, but I'm not sure what to do with that information, as I have been involved with another girl on the side for some time as well. Aside from the mutual infidelities, the relationship between us is great. What the heck do I do now?
Cheating cheater.

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear Cheated Cheater,

Is it cheating if you're open about it? Not really. If anything, I see the situation as being positive in a twisted way: you have more in common than you thought! If you don't like the idea of your girl acting just like you, then take a moment to re-evaluate your behaviour. What are you hoping to get out of your relationship? I'll take a guess that it isn't commitment or even honesty.

It could be love, however. You may just have to define what that means to you, and for her.

This whole situation is a wake up call for you to decide who you want to be, as a person and a lover. And yes, tell her.

Claire: Dear Cheated Cheater,

What on earth are you doing together? You sound like you're both using each other as human security blankets — there for each other when and if the games on the side don't work out.

No matter how Hollywood your relationship sounds, it's not cool.

You are not Marc and she is not J.Lo, nor are you Demi and Ashton. Tell her the truth.

Maybe it will give you both a small chance of starting something healthy and strong.

If not, you can both save that energy you use sneaking around to build something healthy with someone else.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

The dangers that lurk in the saliva of narcissistic men

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Are you a guy who sneaks a peek at yourself as you pass a reflective store front? Do you stare at your own Facebook profile more than you look at other people's? Are you always thinking of better versions of your friends' jokes that you would have told?

You, sir, are a narcissist, but you better watch out! New research shows narcissism might actually be bad for your health — in the form of toxic drool that so often spills
from your mouth whilst thinking of yourself!

According to Live Science, researchers interviewed 106 young men and women, asking them all kinds of questions about how they perceive themselves.

Then the researchers split their traits in two different categories: Unhealthy narcissism ("entitlement and exploitativeness") and healthy narcissism ("authority, superiority, vanity and self-sufficiency").

They found young men who have more unhealthy narcissism to produce higher levels of cortisol, a stress-related hormone, in their saliva.

That could indicate that narcissists (the unhealthy kind) could be more prone to stress-related health issues like cardiovascular problems.

"Even though narcissists have grandiose self-perceptions, they also have fragile views of themselves, and often resort to defensive strategies like aggression when their sense of superiority is threatened," said study researcher David Reinhard.

"These kinds of coping strategies are linked with increased cardiovascular reactivity to stress and higher blood pressure, so it makes sense that higher levels of maladaptive narcissism would contribute to highly reactive stress response systems and chronically elevated levels of stress."

"See? It's not easy to look this good. People don't even know the stress we have to deal with," said narcissists everywhere upon hearing the news.

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Why keep up with the Joneses?

- Have your very good manners made you house poor?
- Stop trying to keep up appearances and get out of debt

ISTOCK

▶ Home owners often have to increase their cash flow by cutting back on spending.

FUN AND FRUGAL

MONEY@METRONEWS.CA

According to a survey released last week by ComFree, 40 per cent of Canadians are very hesitant to talk about their personal financial situation because it isn't 'polite,' especially when it comes to home ownership.

The majority stated that they'd prefer to maintain their current outward perception of net worth. Sadly, keeping up with the Joneses is one of the major reasons Canadians wind up house poor.

Home poverty is when after paying a mortgage and household bills, there's little money left over for other things like groceries, RRSP contributions, home maintenance, car repairs and vacations.

To get out of it, home owners must increase their cash flow by cutting back spending.

If you're running a negative bank balance for more than three months because of your home, you're in financial trouble and must make major cash-flow adjustments.

March over to the bank immediately and consolidate your loans and credit cards to take advantage of low interest rates and more affordable monthly repayment options.

Cancel unnecessary monthly expenses like club or gym memberships, dinners out, souped-up cellphone and cable packages, iTune downloads and nail/hair appointments.

If you're guilty of splurging on your kids, stop and explain to them that you need to save money. Get a roommate and lease out your parking stall. If you've got two vehicles, sell one and share the other with your partner, or get rid of your car permanently.

If you can't get out of the red, you may need to sell your home, buy a smaller more affordable one, or rent for a while.

The top three ways to save major money when selling a home are to price it correctly, negotiate to maximize the home's value and consider selling through a commission-free listing service like ComFree.

And the top three ways to save major money when buying a home are to recognize a good deal, buy within your means, and use a mortgage broker to get a rock-bottom interest rate.

"Politeness and maintaining a perception of wealth have no place in healthy personal finances."

Politeness and maintaining a perception of wealth have no place in healthy personal finances.

By talking about our finances and getting advice from qualified professionals, Canadians can be more realistic about building their net worth, which includes affordable home ownership.

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Don't blame service on employees

- New book says senior executives, company policies are often to blame for shoddy customer service

BRUCE WALSH
LIFE@METRONEWS.CA
METRO WORLD NEWS PHILADELPHIA

Authors Frances Frei and Anne Morriss admit their message is largely intended for the "C-suite" — those invisible stuffed shirts, constantly implementing policies that make it harder to do your job. But their latest book, Uncommon Service: How to Win by Putting Customers at the Core of Your Business, still holds plenty of wisdom for the little guy.

As operations management specialists, Frei and Morriss have devoted five years to analyzing bad customer service. And they're here to deliver the good news: It's not your fault, employees!

"We might blame employees because we've had bad interactions with them, but, as far as we've observed, it's essentially never the employee's fault. It's the fault of the people who designed the management system," says Frei, who also serves as the chair of the MBA program at Harvard.

"Too often companies desire to do everything well, and they create a kind of exhausted mediocrity. Employees can't do everything well: when you optimize a system to be both best in class at speed and best at thoroughness, you're going to wind up being average at both."

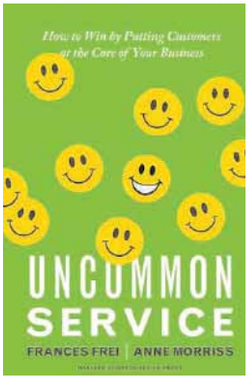
The expert pair admits this is tough medicine for most executives. But they preach a natural yin and yang of service: in order to excel in the area that's most important to your customers, you might have to be not so good in less important areas.

Out of order

There's no simple recipe for great customer service.

"Service isn't always about trying harder. We found that the psychic barriers are harder to get over than the operational or financial barriers," explains Anne Morriss. "It's hard when you're a type-A manager to make peace with the idea that you're not going to be great at everything."

CONTRIBUTED



ISTOCK

▶ You might want to think twice the next time you get mad at your server.

EMPOWERMENT

CBM CANADA AIMS TO HELP WOMEN WITH DISABILITIES

"Women who can't walk or see or hear who live in the poorest communities of our world have a triple disadvantage," says **cbm** Canada executive director Ed Epp.

Foure, 32, received a loan from cbm Canada.

"Not only do they live in dire poverty, they are cut off from education, and employment opportunities because of their impairment. They're also discriminated against because they're women," says Epp.

As the world's leading international development organization focused on the needs of people struggling to survive poverty and disability, **cbm** Canada is committed to gender responsive programs — including economic empowerment for women with disabilities.

For example, through a microfinance loan from **cbm**, Foure, 32, who was struck with polio as a child, now runs a successful business in Niger selling fish, oil and rice with her mother.

By providing small enterprise management training and start-up capital to women like Foure, **cbm** is helping women with disabilities to generate income so they can adequately provide for themselves and their families.

In Ethiopia for example, **cbm** is cost sharing a program with the Canadian International Development Agency (CIDA), which includes economic empowerment for women with disabilities, or who are parents of children with disabilities, and is making a huge impact on women's lives.

"Empowering women and girls is a perfect way to describe of the kind of work **cbm** is doing worldwide," says Epp.

cbm, an international Christian development organization, helps more than 25 million people worldwide every year in 89 countries in Africa, Asia, Latin America and the Middle East.

To learn more, visit cbmcanada.org or call 1-800-567-2264.

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In celebration of women's empowerment in developing countries, CHF is inviting you to join us for an evening of fun, entertainment, good food, wine, project photos and local art while you learn about international development and network during International Development Week on Thursday, February 9, 2012 at 6 p.m. at:

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Pricey on other side of the pond

Many international students shelling out bigger bucks than Canadian colleagues to attend school in country

Seven years after moving from her Caribbean island of St. Maarten to study at Toronto's York University, Vanessa Hunt says she would be happy to call Canada home after graduation.

But after spending her early adult years living, working and studying in the city, the 25-year-old says she still feels unfairly pitted against her Canadian peers because of higher tuition fees.

"It's been a rough ride," says Hunt, who's been shelling out between $14,000 and $18,000 a year to study dance and education at Canada's third largest university.

"I have no savings at all. Not a dime for myself."

The Canadian Federation of Students says on average, international students attending university in Canada spend about $16,000 on annual tuition. The organization says that's about three times the amount domestic students pay.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Three years after moving to Halifax from Saudi Arabia, Dalhousie student Tamim Arabi says he will have paid $25,900 to study at Nova Scotia's largest university.

Roxanne Dubois, the federation's national chairwoman, says there's a persistent myth that all international students come from wealthy families and can easily cover the cost of their tuition.

She says international students are bearing the brunt of a woefully underfunded system.

"Colleges and universities are very much in budget crunches where they're suffering from cuts to post-secondary education that happened in the 1990s," says Dubois, 27.

"Ultimately what we're seeing is a higher reliance on universities and college to try and attract international students because basically they're serving as cash cows." ROXANNE DUBOIS, THE CANADIAN FEDERATION OF STUDENTS' NATIONAL CHAIRWOMAN

"Ultimately what we're seeing is a higher reliance on universities and colleges to try and attract international students because basically they're serving as cash cows."

Universities say the main reason international students pay more to study in Canada is they have not been paying into the tax system.

"The fees, out of necessity, are higher and are reflective of costs," says Bonnie Patterson, president and CEO of the Council of Ontario Universities.

Asa Kachan, registrar at Dalhousie University in Halifax, says international students — like all students — have a financial value that allows post-secondary institutions to operate.

But she disagrees with Dubois's assessment that international students are viewed merely as money-makers.

"When I meet with prospective students and their families, it is with the intention of ... creating a great academic opportunity for those students," says Kachan. "That's at the heart of what we do."

Kachan says the cultural richness international students bring to the classroom has been invaluable for Dalhousie, which had 17,226 students as of last December. Of those, 2,091 were international students.

THE CANADIAN PRESS

We want you!

Efforts are being made across Canada to recruit students from abroad

- Last month, the Atlantic Canada Opportunities Agency announced $185,000 in funding for a non-profit organization that works to attract international students to Nova Scotia.

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THE LAWS OF LESS

Workers may be required to accept lesser jobs and pay

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

Sometimes it's smarter to accept a demotion as an alternative to dismissal. Especially where there is a good reason for the demotion.

Brooke Haddock's career as a seafood department manager for a Thrifty Foods chain of grocery stores in B.C. was sailing along smoothly until he separated from his wife. Haddock then turned to alcohol as financial problems and stress from the failed marriage mounted. It clearly affected his performance.

When Haddock continued to show up late for work, he was suspended for four days. When his performance still did not improve, he was warned that his job was in jeopardy and that, if his poor behaviour continued, he would either be fired or demoted.

However, Haddock's problems with lateness continued and, after his drunkenness made other employee's uncomfortable at a softball tournament, Thrifty had enough. Haddock was permanently demoted from manager to a clerical position, correspondingly with about 15 per cent less pay. Haddock did not report to work.

The legal doctrine of constructive dismissal provides that an employer cannot unilaterally change any important condition of an employee's job, such as job title or pay, without his or her agreement. Since Haddock was demoted and his pay reduced, he opted to sue.

In deciding whether to side with Haddock, the court determined that his 15 per cent pay cut was not, by itself, a material change to his job but when combined with his demotion, he had indeed been constructively dismissed.

However, it was only a pyrrhic victory. Haddock's damages were almost entirely offset because he failed to accept the clerk's position that Thrifty offered him.

The court's decision may be surprising but it makes sense. Even though Haddock was constructively dismissed, he did not have a reasonable reason to refuse the lesser job. The irony here is that if he would have first tried the clerk's job and found it humiliating, there likely would be no offset.

TO READ THIS ARTICLE IN ITS ENTIRETY, VISIT METRONEWS.CA. DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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BREAK TIME

HOW TO MAKE THE MOST OF YOUR READING WEEK

GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

While American spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal issues you have been putting off. She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

If you are heading away for the break, pack thoughtfully. Some course materials are online, while others will require you to bring books.

Kerford says students should start thinking about summer job opportunities.

"If I'm going to my parents' home and I want to work there in the summer, that's a great opportunity to do some informational interviewing," she says. "You may not be back there again until the summer."

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs. This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

They are not for credits, but do give students in a range of programs an opportunity to try out classroom ideas. Others are overworked in their programs and just want a chance to do something unrelated to their studies.

"Instead of going somewhere hot and sitting on a beach, you're doing something else, something for your own personal development and learning about communities in Calgary or around the world," Kaipainen says.

— Jon Tattrie

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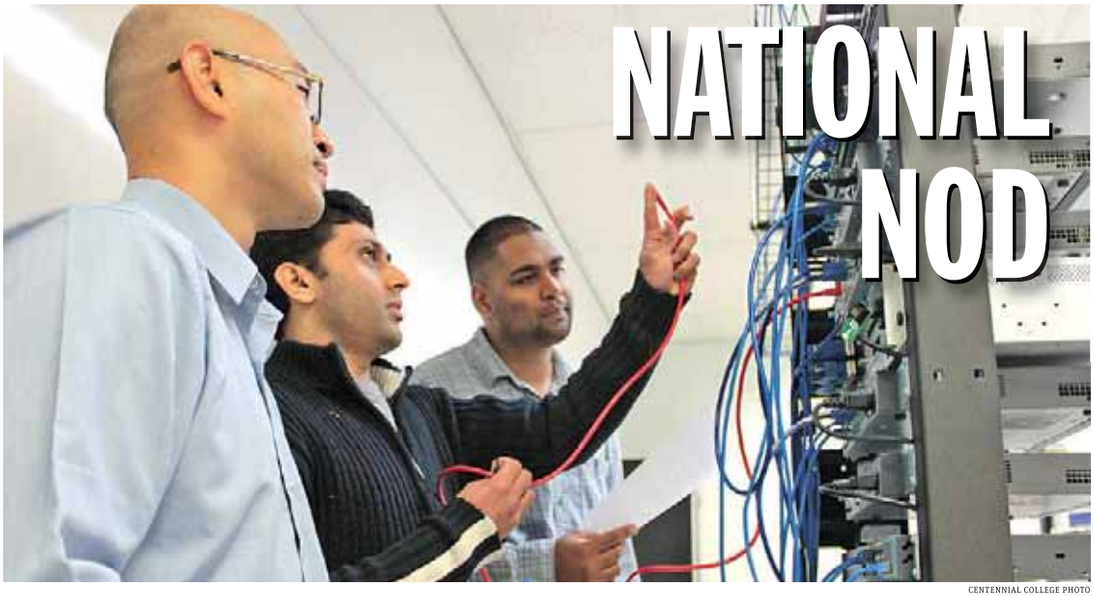

CENTENNIAL COLLEGE PHOTO

NATIONAL NOD

FOUR MORE CENTENNIAL PROGRAMS RECEIVE ACCREDITATION

Good news for Centennial College, as The Canadian Technology Accreditation Board (CTAB) has recently recognized an additional four of its programs, bringing the total number of nationally accredited programs at the school to 21.

According to Jag Mohan, dean of the School of Engineering Technology and Applied Science, Centennial is the school with the largest number of nationally accredited technology and applied science programs in Ontario.

"We have 21 programs nationally accredited to this organization and we also have five of them accredited with the Canadian Information Processing Society, and we have six programs nationally accredited by Canadian forces," he says. "In addition, those graduates who successfully complete a year of co-op work in accredited programs will be credited with one year of experience towards certification at Ontario Association of Certified Engineering Technicians and Technologists (OACETT)."

Accreditation provides a third-party, non-governmental auditing mechanism independent of the institution. National accreditation by CTAB means Centennial graduates meet all of the academic requirements for certification by OACETT and other similar certifying associations across the country.

Program accreditation has a significant advantage for students. Graduates of an accredited program with relevant skills in engineering technology disciplines are more readily acceptable to employers looking for new hires.

The four newly accredited programs are Software Engineering Technician, Software Engineering Technology, Health Informatics Technology, and Software Engineering Technology — Interactive Gaming.

And Centennial's four-year Bachelor of Applied Information Sciences degree program in Software Systems Design has been nationally accredited by CIPS. After evaluating Centennial's five information technology programs, CIPS called it "a well-run school in well-maintained buildings with motivated staff and faculty teaching a proud and successful student body."

Mohan says the program standards all the colleges follow are identical, except that accredited programs like Centennial, "Have an industry-validated additional value and that gives the students an edge."

SOFTWARE SYSTEMS DESIGN

Centennial's four-year Bachelor of Applied Information Sciences degree program in Software Systems Design also has been nationally accredited by the Canadian Information Processing Society.

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APPLY YOUR SKILLS IN NEW WAYS

AT SHERIDAN IN MISSISSAUGA

SHERIDAN COLLEGE PHOTO

At Sheridan's new Hazel McCallion Campus in Mississauga, you will find six post-graduate business programs designed to help you apply your skills in new ways.

Several include an optional co-op work term, allowing you to build practical business experience while still a student. You can graduate job-ready after only one year.

Consider Sheridan's Business Process Management program: Through it, you will learn to improve operational efficiency, save money, and drive business value in various industries, in both the public and private sectors. Using case studies, you will explore practical situations, rather than just theoretical ones.

The Project Management certificate program gives you the skills needed to manage not-for-profit, for-profit, and government organizations of all sizes. When you complete this program, you will be qualified to write your exam to become either a Certified Associate in Project Management (CAPM) or Project Management Professional (PMP) through the Project Management Institute (PMI).

Training is especially rich in the International Business certificate program. You will be taught strategies to overcome cultural differences among trading partners and clients, and be introduced at networking and trading events. You will hear guest speakers still active in international business. Most importantly, you will be taught how to undertake a search for international employment.

All of Sheridan's post-graduate business programs conclude with a project; through it, you will solve a real-world problem for a local business or not-for-profit agency. Completing this project requires mastery of the lessons learned in each course. "It also leverages the collective life experience of the team members," says Jeremy Staples, associate dean of Business.

"This project allows our student to say to potential employers: 'This is what I have done. I completed this work while at Sheridan.' A traditional transcript just shows employers your grades. But a portfolio, with this as its centrepiece, is much more compelling."

To learn more about the Hazel McCallion Campus and the opportunities it has for you, call 905-845-9430, then select '4' for the admissions contact centre.

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HELP NEW ARRIVALS

AT HERZING COLLEGE TORONTO

Regulated Immigration Consultants are vital to Canada's immigration process. These men and women work in law firms, government offices, immigration firms — or for themselves — helping Canada's newest arrivals get the advice and assistance they need. If this sounds like a career for you, contact Herzing College Toronto today.

Herzing is the only college in Ontario offering a full-time Immigration Consultant diploma program, accredited by the Immigration Consultants of Canada Regulatory Council (ICCRC). As a graduate of the program, you can apply to write the Immigration Consultant Licensing Examination: A necessary step to qualify as a Regulated Canadian Immigration Consultant in this country.

Herzing's six-month diploma program includes four months of in-class study, all of it led by instructors with industry experience. Classes are small, and can be taken in the day or

HERZING COLLEGE PHOTO

the evening — making them an easy fit with almost any schedule. The lessons you will learn provide a valuable mix of theoretical knowledge and practical skills.

When your in-class studies are complete, you will begin a two-month internship. This internship is mandatory, and for good reason: About 70 per cent of Herzing's students end up being hired as full-time employees by the firm where their internship took place. The remaining 30 per cent can turn to Herzing's Career Services Department to help them find full-time employment opportunities.

Classes begin March 12. To learn more about Herzing's program, call Karen Lavallee, director of admissions, at 416-599-6996, or email info@tor.herzing.edu.

Students who qualify may be eligible for financial assistance.

WEALTH OF OPPORTUNITIES

WITH FRENCH LANGUAGE STUDY

There is no downside to knowing a second language.

Not only do bilingual students enjoy the richness of a second literary tradition, they also prove to be highly employable adults.

Enrolling your son or daughter in a school that is part of the French Language Education in Ontario (FLE) network ensures their prospects will be bright.

French Language Education encompasses nearly 500 public and Catholic elementary schools and high schools, along with 11 post-secondary institutions — all offering programs and services in French. Full-time junior and senior kindergarten programs are available for children aged four and older; and in some cases, as young as three.

An FLE education goes far beyond French immersion. Students live and learn in French, while also learning English according to the same curriculum taught in English-speaking schools. As a result, they are proficient in both languages. Students benefit from a range of extracurricular activities as well; learning to appreciate — and contribute to — the vitality of francophone culture.

When it comes to academic success, FLE's numbers speak for themselves. Sixth-grade students, for example, exceed the provincial average in reading, writing, and mathematics. And according to a 2009-10 survey, students in FLE's two affiliated colleges, La Cité collégiale and Collège Boréal, enjoyed employment rates of 88.8 per cent and 90.7 per cent, respectively, within their first six months of graduation. Their employers reported a satisfaction rate of more than 90 per cent.

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SOLID FOUNDATION

CERTIFIED GENERAL ACCOUNTS OF ONTARIO PHOTO

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Becoming a CGA puts you on the fast track to building an exciting career with strong earning potential, and the Certified General Accounts of Ontario can help you get there.

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Once enrolled, you will learn how to analyze financial information, tackle complex management issues and implement corporate strategies. You will also combine accounting principles with critical thinking in order to meet the diverse needs of any organization, from start-ups to multinational corporations, from high-tech to not-for-profit.

As J.D. Clarke, senior vice-president of operations says, "The big thing with our designation is not only do we train accountants very strongly on a technical basis, we also train them how to make strong decisions with that accounting knowledge."

CGAs build their careers on a strong foundation of accounting and financial knowledge — and they understand how to apply that knowledge to see opportunities and provide solutions throughout the business.

According to Clarke, it's about "making decisions using that knowledge of accounting that you have; that could be decisions from a people side, it could be decisions that are more strategic, it could be decisions that are operational in nature."

There are many reasons to consider the CGA designation. Leading organizations hire CGAs because they bring more than straight accounting to the job. CGAs are known for their big-picture thinking. Certified general accountants see more than numbers — they see the impact and opportunity behind them.

As a CGA you will adhere to one of Canada's most respected codes of ethics and rules of professional conduct, and be respected for your commitment to continuing professional development.

MORE THAN NUMBERS

With the CGA program there is no need to choose between school and work. Students can do both — the CGA program lets students earn while they learn.

In fact, CGAs are in the top five per cent of income earners in Canada and 95 per cent say their CGA designation was a key to their success.

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STEPPING BEYOND THE CATWALK

HUMBER DEGREE FOCUSES ON BIZ SIDE OF FASHION

HUMBER COLLEGE PHOTO

Toronto is one of the major fashion centres in Canada and a vibrant environment in which to pursue fashion management education.

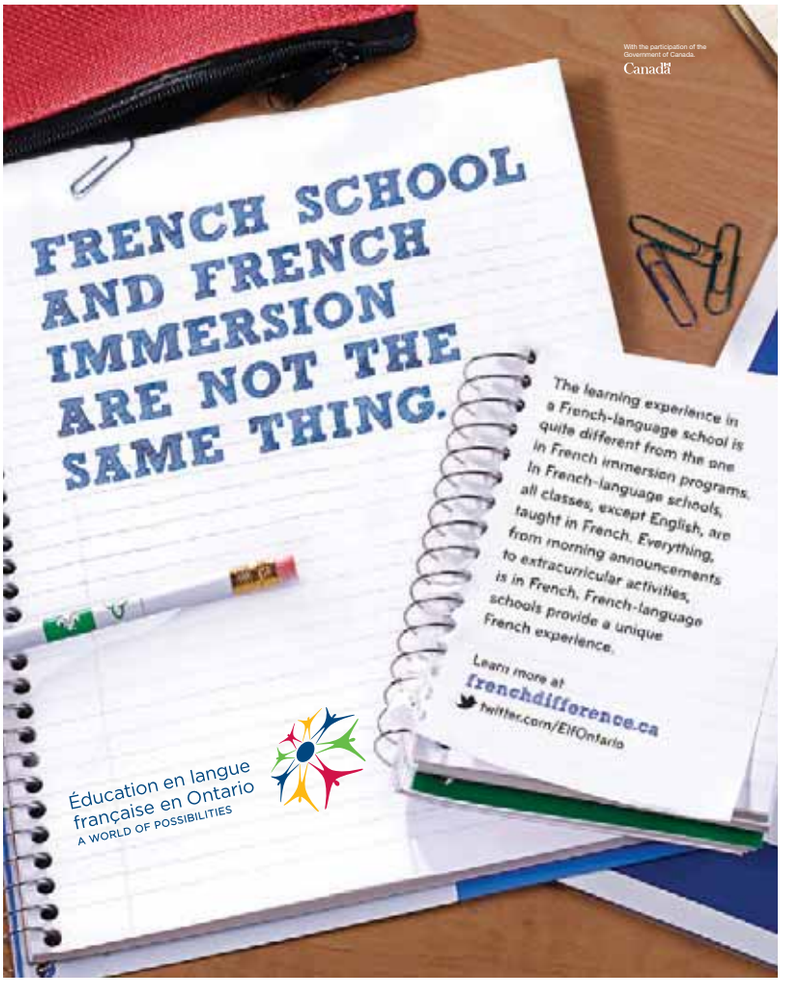
Humber's Fashion Management degree is designed for students interested in the business side of fashion and offers a distinctive array of fashion management courses. This is a business degree, built on the platform of a solid business education — marketing, accounting, economics and law, with emphasis on preparing you for the fashion industry with solid business management skills.

Norma Ouellette, program coordinator for the Fashion Management degree program, says, "The first two years are totally focused on business courses. They do their accounting, finance, economics and law courses in the first two years. They get a very good, solid business background and then they specialize in years 3 and 4."

And in those two years, you will work toward your fashion management specialization. "Even in their specialty in fashion, we focus more on some of the creative areas — brand product development, the store planning, and advertising. But they also do export management, international business, and wholesale management, so they have a very broad understanding of a good business background, but also a very good understanding of all the areas where fashion pops up in business," says Ouellette.

Sylvie Alexandre, after two years working in the industry, decided that in order to reach her career potential as a decision-maker and executive in the fashion industry, she would need a degree. "I got a lot of knowledge that a regular business major would be getting. For me to get ahead in my job and to get promoted, I feel like the education that I got definitely helps me be a very good competitor for any job."

After completing her internship and graduating, Alexandre was immediately hired as a merchandise assistant by TJX, the parent company of Winners.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THE IMPORTANCE OF CONNECTIVITY

U OF T ISCHOOL AMONG WORLD'S BEST

GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

In the forefront as Canada's Global Information School, the University of Toronto Faculty of Information's iSchool is ranked among the world's leading information and knowledge management schools in numerous global surveys.

At the Faculty of Information, its goal is to prepare students to understand and appreciate the relationships between people, technology and information so they can translate these into relevant practices, policies, and design that will enable individuals and communities to be more creative, effective, and empowered in their everyday interactions.

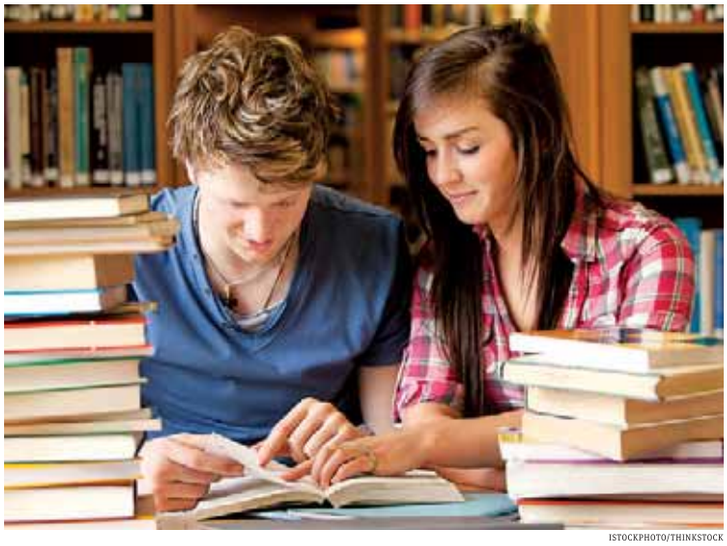
Opportunities exist within the Master of Information degree for students who have a background in computer science and engineering as well as degrees in the humanities. The iSchool seeks bright, talented, and creative individuals who have demonstrated excellence in their academic and professional lives.

Associate Prof. Kelly Lyons knows the importance of connectivity. "Our schools are interested in information technology and people and the interconnections between them. We are part of a large number of university programs around the world that are part of the iSchool organization.

According to associate Prof. Nadia Caidi, "At the Faculty of Information, we train our students so that they get a solid foundation in the principles of information organization, representation, and access. We teach them to understand and appreciate the relationships between people, technology and information.

"Our professionals are sometimes called information intermediaries or gatekeepers. I prefer to think about them as information specialists — folks who have the skills to critically assess the needs, wants and uses of information," she stresses.

Faculty at the iSchool are participating in groundbreaking research that investigates information in its many manifestations. Caidi pursues research on the information practices of vulnerable communities.



ISTOCKPHOTO/THINKSTOCK

'LEARNING IS DOING'

MAKE A PLAN PRIOR TO MIDTERM STUDY

Midterms can be a stressful time for students. To cut down on stress levels and be well-prepared for them, students should begin preparing well before the test date.

"Ideally, studying starts Week 1," says Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax.

By studying on a regular basis, students won't have to cram when midterms arrive. That being said, students need to have proper study habits to succeed. Just reading (and re-reading) material isn't sufficient.

"In order to make a memory, you have to do something active with the material," says Alison Parry, a learning specialist with Capilano University in B.C.

She says some examples of this are by reading out loud, explaining what one is learning to somebody else, and drawing and labelling diagrams.

"Learning is doing," says Parry.

Part of that study process should involve re-writing notes and better organizing them because when professors lecture, students usually rush to write down what is being said, so the original notes are often not structured well. Better structured notes help make the information easier to remember and comprehend.

When students learn of a midterm approaching, they shouldn't dive into the books, but rather they should go over a type of checklist. Parry recommends students find out what topics the exam will include and make sure they aren't missing any relevant notes. They should then create a study plan.

Isabelle Abdul-Rahman, a counselling psychology intern at McGill University, recommends students' study plan be specific and have detailed strategies.

For example, these plans should say something like, "I'm going to read Chapter 1 of my economics textbook at the library between 2 p.m. and 3 p.m.," as opposed to saying something vague like, "Study for economics midterm."

The plan should be measurable so the student can see if the specific actions have been completed.

GET YOUR REST

It might be tempting for students to skimp on sleep during midterms so they can study more.

That's a bad idea.

Karen Kovach, the associate director of learning resources at the University of Alberta, says research has found students who follow their regular sleep patterns get 30 per cent better marks on exams than students who change their sleep patterns.

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ATHABASCA UNIVERSITY PHOTO

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DEGREES DIPLOMAS APPRENTICESHIPS CERTIFICATES CONTINUING EDUCATION

DEFINING SOCIOLOGY

ATHABASCA PROF SET ON SHARING TOPIC WITH PUBLIC

Determined to break down the academic wall, one Athabasca University (AU) professor is set on delivering sociology to the masses, via the Internet.

Dr. Mike Sosteric, the man behind The Socjournal (Socjourn) website, a new media journal of sociology and society, is hoping the site will become the go-to destination for all things sociology-related.

"We could define sociology here," says Sosteric, assistant professor of sociology in AU's Centre for Global and Social Analysis, Faculty of Humanity and Social Science.

"Here we can bring what we do to the public."

The website has been currently receiving about 200,000 hits per day and has received more than one million hits per month since its creation in 2010.

To Sosteric, the site is about connecting, communicating and engaging the public in the topic of sociology with no barriers and no jargon.

The Socjourn provides blog space, regular columns, and academic reports designed to insight interest in sociology to those outside the discipline and within.

Sosteric created the site after becoming frustrated with the conventional models of academic communication.

"I felt it just created bulkheads between professors and the real world," says Sosteric.

"This is a particular problem in sociology where there are no journals designed to raise awareness of sociological research and discussions."

Sosteric says the site was created for a number of reasons, including disciplinary accessibility as a vehicle for scholarship to quickly penetrate into the mainstream, a place for graduate students to hone their publishing skills, and for academic research.

Academics, graduate students, or professional sociologists are encouraged to contribute. Information on how to is on the website.

"We are not a peer reviewed journal, and trained academics have a hard time seeing past the publication blinders they wear," says Sosteric.

For more about The Socjourn, go to sociology.org. For more information about Athabasca University, visit athabascau.ca. *– With files from Athabasca University*

RECEIVING A SECOND CHANCE

GEORGE BROWN COLLEGE OFFERING ASSISTANT COOK EXTENDED TRAINING COURSE

METRO CUSTOM PUBLISHING

Is an addiction or mental health problem holding you back from a career in the food service industry?

The GBC Assistant Cook Extended Training Course (ACET) is a free program that combines classroom study and work experience while providing recovery support to students. The program is a part of the School of Work and College Preparation at George Brown, and partners with the Centre for Hospitality and Tourism to deliver the training.

The goal of the program is to help people recovering from addiction and mental health problems take the first steps towards a job in Toronto's food service industry. This program is free for participants, with costs covered by the Ontario government.

The Assistant Cook Extended Training program is one of two Augmented Education programs currently offered at George Brown College. Augmented Education is a new training and employment support model developed by George Brown and the Centre for Addiction and Mental Health.

Chef Ryan Burpee is an instructor in the ACET course talks about the success of the program. "It's all about the willingness to learn. If the student is coming in and willing to learn and accepting the constructive criticism that they're getting, and they develop that into skills, that's what it's all about."

Some individuals with a history of mental health issues or addiction may consider work to be part of their recovery process.

"We're trying to give them a break, give them a step up, a little helping hand back up, to be able to stand on their own and maybe move forward in a positive kind of way," says Tony Priolo, Augmented Education program manager.

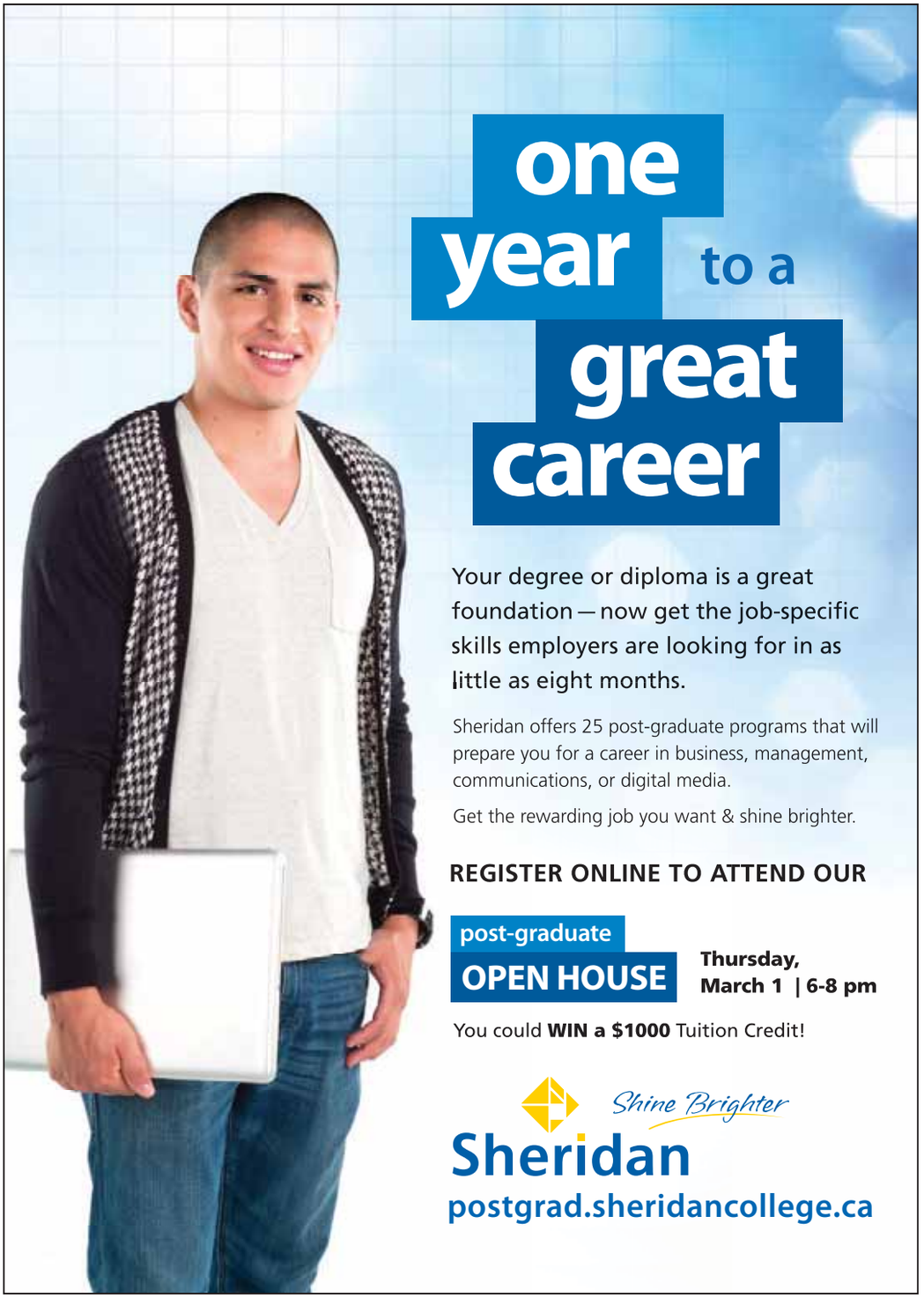
The course provides the same standards used in George Brown's mainstream chefs' school. "When they cook recipes for us, they're the same recipes that the mainstream students cook, but we only do two dishes in one lab session, that's how we modify the program," says Priolo.

PROGRAM DETAILS

The program includes class and kitchen lab time at approximately 15 to 20 hours per week with 150 hours of work placement in addition to support and tutoring.

Successful participants will be qualified for entry-level food preparation jobs within the following areas: Commercial food service; cafeterias; fast food outlets; restaurants; and catering operations.

GEORGE BROWN COLLEGE PHOTO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4 sports

Talented Oilers can't knock Leafs off track

Toronto snipers provide enough punch against young Edmonton squad

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Mikhail Grabovski flies over Edmonton's Devan Dubnyk with Ryan Whitney in pursuit in Toronto on Monday night.

LEAFS	OILERS
6	3

Mikhail Grabovski continued his hot streak and took the Toronto Maple Leafs along with him.

The centre pulled his team out of an early hole by assisting on the first two goals Monday and the Maple Leafs went on to beat the Edmonton Oilers 6-3.

Toronto has climbed back into playoff position in the Eastern Conference by going 5-0-1 in its last six games. Grabovski is leading the charge with 12 points over that stretch.

Phil Kessel, with two, Clarke MacArthur, Jake Gardiner, Tyler Bozak and Joffrey Lupul had goals for the Maple Leafs (28-19-6). Kessel also had an assist as he passed the 300-point plateau.

Jordan Eberle, with two, and Jeff Petry replied for Edmonton (21-27-5), which lost in regulation for the first time since Jan. 21.

The Oilers were forced to play without coach Tom Renney, who stayed back at the team hotel after taking a puck in the head during the morning skate. The cut required stitches and left Renney experiencing headaches. Associate coach Ralph Krueger took over in his absence.

James Reimer entered the game with a long shutout streak after blanking Toronto's last two opponents, but saw it end quickly. Eberle collected a puck in front that Leafs defenceman Dion Phaneuf was unable to clear and beat Reimer just 21 seconds in.

Sam Gagner picked up the second assist on that play, giving him 12 points in three games dating back to his eight-point night against Chicago on Thursday.

THE CANADIAN PRESS

Leafs preview

Toronto at Winnipeg
8:30 p.m.
TV: SNET

The Jets (24-24-6) host Toronto (28-19-6), which is playing its second game in two nights. James Reimer started in net against Edmonton on Monday, which likely means Jonas Gustavsson will start in Winnipeg. Gustavsson had three shutouts in 11 January starts, posting a 2.08 goals-against average and .926 save percentage. Winnipeg hasn't played a home game since losing 4-3 in overtime to Florida on Jan. 21. Since then, the Jets scored a total of six goals on a six-game road trip.

THE CANADIAN PRESS

JAMIE SABAU/GETTY IMAGES FILE

▶ Sidney Crosby

Pair of Pens return to practice

The Pittsburgh Penguins got a boost at practice Monday with both Sidney Crosby and Jordal Staal taking drills on the ice.

Neither is ready to return to game action, but their presence allowed the Penguins to imagine having a healthy lineup.

"It was good to be out there," said Crosby. "This week's been pretty good.

"I feel like I'm getting there. I don't know the timeframe. I wish I did."

THE CANADIAN PRESS

Contador found guilty of doping

Alberto Contador was stripped of his 2010 Tour de France title Monday and banned for two years after being found guilty of doping. The Court of Arbitration for Sport rejected Contador's claim that his positive test for clenbuterol was caused by eating contaminated meat. The 29-year-old, who also won the Tour in 2007 and '09, tested positive during a Tour rest day in July 2010.

THE ASSOCIATED PRESS

Reimer, Gagner benefit from all-star reset

FRANK GUNN/THE CANADIAN PRESS

▶ Sam Gagner

The changes were small, but they carried a lot of significance for Sam Gagner.

When the Edmonton Oilers forward returned from his all-star vacation, he decided to alter his routine in an effort to turn around a season gone wrong. Rather than eating chicken before games he switched to salmon. He also shortened his naps and embraced a more confident frame of mind.

"It was time," Gagner said Monday before a 6-3 loss to the Toronto Maple Leafs. "Things weren't going as well I had planned. I wanted to switch up the routine a little bit."

"The funny thing is that if I do (develop a routine), I try and change it up just so that I know I'm not superstitious."
LEAFS NETMINDER JAMES REIMER

It's hard to argue with the results: Six goals and six assists in three games, including an eight-point night against Chicago that allowed him to secure the NHL's first star of the week.

New Jersey Devils centre Ilya Kovalchuk was given the second star on Monday while Leafs goalie James Reimer took the third star.

Reimer had been considering a trip to the Bahamas for the all-star break, but elected instead to spend time working out with trainer Adam Francilia in Maple Ridge, B.C.

The decision paid dividends for a goalie who struggled after an early-season injury. He posted back-to-back shutouts last week.

"The shutouts are nice ... but what's really important is the wins," said Reimer. "I prepare every game to win. If that means I have to let in zero to get that, so be it."

THE CANADIAN PRESS

Scan code for more sports.

HARAZ N. GHANBARI/THE ASSOCIATED PRESS

▶ Toronto's Jose Calderon drives around the Wizards' Kevin Seraphin in Washington on Monday.

Raptors run out of magic in overtime

- Kleiza's three-pointer at end of extra frame falls short
- Toronto fell behind 29-19 in first quarter vs. Wizards

John Wall scored 31 points, Nick Young had a season-high 29 and Trevor Booker added a season-high 19 as the Washington Wizards blew an 18-point third-quarter lead then hung on to beat the Toronto Raptors 111-108 in overtime on Monday night.

The Wizards outscored Toronto 6-3 in the overtime.

Young's two free throws with 1:06 to play gave Washington a 109-106 lead. The Raptors' Amir Johnson hit two free throws with 27.2 seconds left to make it 109-108.

Booker hit the first of two free throws with 6.7 seconds left. Young rebounded Booker's miss, was fouled and hit the second of two free throws with 1.5 seconds left to make it 111-108.

111	108
WIZARDS	RAPTORS

Jerryd Bayless and Linas Kleiza both had a season-high 30 points for Toronto.

Bayless scored 16 points in the fourth quarter to help force overtime.

Kleiza tied the score at 98 with a jumper as the shot clock ran out with 1:41 to play. Booker hit two free throws with 1:30 left for a 100-98 lead. Kleiza hit a three-pointer to give the Raptors a 101-100 lead with 57.5 seconds to play.

Wall answered with a layup, Bayless hit two free throws, and Wall scored on a runner and was fouled with 25.2 seconds to play. He missed the free throw, but Washington maintained possession. Jordan Crawford hit one of two free throws with 17.3 seconds to play for a 105-103 Wizards lead. Johnson's dunk with 10.2 seconds left tied it at 105 and forced overtime. THE ASSOCIATED PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	50	33	12	1	4	141	102	71	16-5-0-2	17-7-1-2	6-3-0-1	W2
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Florida	51	24	16	5	6	131	145	59	13-5-1-6	11-11-4-0	4-3-1-2	L1
Philadelphia	52	30	16	2	4	173	156	66	12-8-1-3	18-8-1-1	4-4-0-2	L2
Pittsburgh	53	30	19	2	2	161	138	64	15-7-2-0	15-12-0-2	8-2-0-0	L1
New Jersey	52	30	19	1	2	149	148	63	15-9-0-2	15-10-1-0	7-2-0-1	W4
Toronto	53	28	19	3	3	167	155	62	16-8-2-2	12-11-1-1	6-3-0-1	W3
Ottawa	55	27	21	5	2	161	171	61	14-10-1-1	13-11-4-1	3-6-1-0	L6
Washington	52	27	21	2	2	145	149	58	18-7-0-1	9-14-2-1	4-4-2-0	L1
Winnipeg	54	24	24	3	3	129	150	54	15-8-0-2	9-16-3-1	4-5-0-1	L2
Tampa Bay	51	23	23	2	3	147	173	51	15-7-1-1	8-16-1-2	6-3-1-0	W1
NY Islanders	51	21	22	5	3	125	150	50	11-11-5-0	10-11-1-2	6-2-1-1	L1
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Montreal	53	20	24	2	7	137	145	49	10-11-2-5	10-13-0-2	4-4-0-2	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	53	35	16	1	1	171	126	72	20-2-1-0	15-14-0-1	8-1-0-1	L1
d-Vancouver	52	32	15	0	5	167	130	69	15-6-0-4	17-9-0-1	6-2-0-2	W1
d-San Jose	50	29	15	3	3	145	117	64	17-8-2-0	12-7-1-3	5-4-0-1	L1
Nashville	53	32	17	3	1	149	136	68	17-7-2-1	15-10-1-0	8-2-0-0	W1
St. Louis	51	30	14	1	6	126	105	67	22-3-1-3	8-11-0-3	6-2-1-1	L1
Chicago	53	29	17	4	3	169	158	65	19-6-1-3	10-11-3-0	4-4-2-0	L5
Los Angeles	53	25	18	4	6	115	116	60	15-11-0-4	10-7-4-2	4-3-1-2	L2
Minnesota	52	25	19	2	6	121	133	58	13-7-1-2	12-12-1-4	4-4-0-2	L1
Dallas	51	27	22	0	2	136	144	56	15-9-0-2	12-13-0-0	4-5-0-1	W1
Colorado	54	26	25	2	1	135	151	55	14-13-0-1	12-12-2-0	3-5-1-1	L5
Calgary	52	24	22	3	3	124	141	54	14-8-1-1	10-14-2-2	6-3-0-1	W1
Phoenix	52	23	21	3	5	136	141	54	11-10-2-2	12-11-1-3	3-4-0-3	W1
Edmonton	53	21	27	1	4	141	158	47	15-8-1-2	6-19-0-2	5-4-0-1	L1
Anaheim	51	19	24	4	4	132	154	46	13-13-2-0	6-11-2-4	6-2-2-0	L2
Columbus	52	14	32	1	5	120	174	34	8-13-1-2	6-19-0-3	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 6 Edmonton 3
Detroit at Phoenix
Calgary at Anaheim
Sunday's results
Montreal 3 Winnipeg 0
Boston 4 Washington 1
New Jersey 5 Pittsburgh 2
N.Y. Rangers 5 Philadelphia 2
Tonight's games
All Times Eastern
New Jersey at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Florida at Washington, 7 p.m.
Minnesota at Columbus, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
St. Louis at Ottawa, 7:30 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Toronto at Winnipeg, 8:30 p.m.
Phoenix at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Tomorrow's games
Boston at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Carolina at Anaheim, 10 p.m.
Calgary at San Jose, 10 p.m.
Thursday's games
St. Louis at New Jersey, 7 p.m.
Montreal at N.Y. Islanders, 7 p.m.
Tampa Bay at N.Y. Rangers, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Winnipeg at Washington, 7 p.m.
Dallas at Columbus, 7 p.m.
Nashville at Ottawa, 7:30 p.m.
Los Angeles at Florida, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Calgary at Phoenix, 9 p.m.

MAPLE LEAFS 6, OILERS 3

First Period
1. Edmonton, Eberle 23 (Hall, Gagner) 0:21
2. Toronto, MacArthur 17 (Grabovski, Kessel) 8:21
3. Toronto, Gardiner 2 (Grabovski) 13:45
4. Edmonton, Eberle 23 (Petry, Hall) 17:30
Penalties — None.
Second Period
5. Toronto, Kessel 28 (Lombardi, Connolly) 1:45
6. Toronto, Bozak 10, 4:15
7. Edmonton, Petry 2, 13:24
8. Toronto, Lupul 21 (Phaneuf) 16:54
Penalties — None.
Third Period
9. Toronto, Kessel 29 (Phaneuf, MacArthur) 18:55
Penalties — None.
Shots

Edmonton	15	8	7	30
Toronto	10	12	8	30

Goal — Edmonton: Dubnyk (L,10-12-1); Toronto: Reimer (W,10-5-4). **Power plays (goals-chances)** — Edmonton: 0-0; Toronto: 0-0.
Referees — Marc Joannette, Rob Martell.
Linesmen — Tim Nowak, David Brisebois.
Attendance — 19,581 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	29	32	61
Giroux, Pha	20	40	60
Stamkos, TB	34	23	57
H.Sedin, Vcr	11	44	55
Kessel, Tor	27	27	54
Lupul, Tor	20	34	54
Tavares, NYI	22	31	53
Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	24	18	3	3	63	19	57
Manchester Utd	24	17	4	3	59	24	55
Tottenham	24	15	5	4	44	25	50
Chelsea	24	12	7	5	44	29	43
Newcastle	24	12	6	6	36	31	42
Arsenal	24	12	4	8	46	34	40
Liverpool	24	10	9	5	28	21	39
Sunderland	24	9	6	9	33	24	33
Norwich	24	8	8	8	34	39	32
Swansea	24	7	9	8	26	29	30
Everton	24	8	6	10	24	27	30
Stoke	24	8	6	10	23	36	30
Aston Villa	24	6	10	8	29	33	28
Fulham	24	6	9	9	29	35	27
West Bromwich	24	7	5	12	24	34	26
QPR	24	5	6	13	25	41	21
Wolverhampton	24	5	6	13	27	44	21
Bolton	24	6	2	16	28	49	20
Blackburn	24	4	6	14	34	54	18
Wigan	24	3	7	14	21	49	16

Yesterday's result
Liverpool 0 Tottenham 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	21	18	1	2	71	19	55
Barcelona	21	14	6	1	61	13	48
Valencia	21	10	7	4	31	22	37
Levante	21	9	5	7	27	25	32
Espanyol	21	9	5	7	25	24	32
Atletico Madrid	21	8	6	7	31	27	30
Athletic Bilbao	21	7	9	5	33	28	30
Malaga	21	8	4	9	25	31	28
Osasuna	21	6	10	5	23	33	28
Getafe	21	7	6	8	22	27	27
Sevilla	21	6	8	7	22	24	26
Rayo Vallecano	21	7	4	10	25	32	25
Granada	21	7	4	10	16	28	25
Mallorca	21	6	7	8	18	25	25
Real Sociedad	21	6	6	9	23	30	24
Real Betis	21	7	2	12	23	30	23
Villarreal	21	5	8	8	20	29	23
Racing Santander	21	4	10	7	18	26	22
Sporting Gijon	21	5	4	12	20	39	19
Zaragoza	21	2	6	13	16	38	12

Yesterday's result
Granada 2 Malaga 1

TENNIS

ATP MONEY LEADERS

Through Feb. 5

1. Novak Djokovic	$2,372,910
2. Rafael Nadal	$1,236,485
3. Andy Murray	$527,167
4. Roger Federer	$500,882
5. Tomas Berdych	$320,435
6. David Ferrer	$298,371
7. Jo-Wilfried Tsonga	$290,773
8. Radek Stepanek	$279,402
9. Leander Paes	$247,298
10. Juan Martin del Potro	$238,166
Also	
20. Milos Raonic	**$129,301**
47. Daniel Nestor	**$72,136**

WTA MONEY LEADERS

Through Feb. 5

1. Victoria Azarenka	$2,536,950
2. Maria Sharapova	$1,214,975
3. Kim Clijsters	$492,691
4. Petra Kvitova	$492,201
5. Sara Errani	$359,610
6. Svetlana Kuznetsova	$316,801
7. Vera Zvonareva	$305,051
8. Agnieszka Radwanska	$277,995
9. Ekaterina Makarova	$267,677
10. Caroline Wozniacki	$247,220

GOLF

PGA FEDEXCUP STANDINGS

Through Feb. 5
All figures U.S.

	Points	Money
1. Kyle Stanley	846	$1,793,575
2. Johnson Wagner	797	$1,586,858
3. Mark Wilson	602	$1,168,343
4. Brandt Snedeker	597	$1,251,513
5. Steve Stricker	530	$1,142,000
6. Ben Crane	453	$980,600
7. Martin Laird	364	$758,315
8. John Rollins	340	$727,668
9. Harrison Frazar	331	$651,310
10. Webb Simpson	270	$561,800
11. Spencer Levin	267	$492,911
12. Charles Howell III	264	$427,087
13. Sean O'Hair	262	$479,861
14. D.A. Points	247	$487,923
15. Carl Pettersson	245	$413,058
16. Bill Haas	229	$428,659
17. Keegan Bradley	212	$360,417
18. Robert Garrigus	208	$418,133
18. John Mallinger	208	$418,133
20. Jeff Maggert	208	$364,477
21. Bubba Watson	207	$410,817
22. Kevin Na	197	$384,508
23. Bryce Molder	196	$387,317
24. Scott Piercy	178	$288,955
25. Brendon de Jonge	174	$302,400
26. John Huh	174	$349,580
27. Pat Perez	173	$236,351
28. Rory Sabbatini	168	$292,956
29. Jonathan Byrd	163	$369,000
30. Cameron Tringale	160	$295,858
31. Brendan Steele	149	$302,018
32. Bud Cauley	148	$175,993
33. Chris Kirk	144	$242,392
34. John Senden	141	$242,175
35. Jason Dufner	140	$294,000
35. David Toms	140	$260,600
37. D.J. Trahan	135	$292,800
38. K.J. Choi	135	$267,000
39. Harris English	134	$203,445
40. Rod Pampling	130	$262,650
41. Sang-Moon Bae	127	$157,056
42. Martin Flores	124	$230,843
43. Chris Stroud	117	$225,267
44. Brian Gay	115	$196,575
45. Bobby Gates	110	$196,119
46. Josh Teater	109	$114,030
47. Chris DiMarco	108	$142,809
48. George McNeill	106	$114,392
49. Michael Thompson	101	$190,551
50. Brendon Todd	100	$150,607
Also		
73. David Hearn	**74**	**$150,066**
76. Stephen Ames	**70**	**$70,709**
91. Graham DeLaet	**52**	**$46,481**

WORLD RANKING

Through Feb. 5

1. Luke Donald	ENG	9.59
2. Rory McIlroy	NIR	7.86
3. Lee Westwood	ENG	7.54
4. Martin Kaymer	GER	6.10
5. Steve Stricker	USA	5.74
6. Webb Simpson	USA	5.30
7. Jason Day	AUS	5.17
8. Adam Scott	AUS	5.07
9. Charl Schwartzel	SAF	5.00
10. Dustin Johnson	USA	4.78
11. Graeme McDowell	NIR	4.60
12. Matt Kuchar	USA	4.49
13. Nick Watney	USA	4.36
14. K.J. Choi	KOR	4.23
15. Brandt Snedeker	USA	4.01
16. Sergio Garcia	ESP	3.97
17. Phil Mickelson	USA	3.84
18. Tiger Woods	USA	3.79
19. Bubba Watson	USA	3.67
20. Justin Rose	ENG	3.65

NFL

SUPER BOWL

Sunday's result
At Indianapolis
N.Y. Giants 21 New England 17

SUNDAY

GIANTS 21, PATRIOTS 17

N.Y. Giants	**9**	**0**	**6**	**6**	**21**
New England	**0**	**10**	**7**	**0**	**17**

First Quarter
NYG—Team safety, 8:52.
NYG—Cruz 2 pass from Manning (Tynes kick), 3:24.
Second Quarter
NE—FG Gostkowski 29, 13:48.
NE—Woodhead 4 pass from Brady (Gostkowski kick), 0:08.
Third Quarter
NE—Hernandez 12 pass from Brady (Gostkowski kick), 11:20.
NYG—FG Tynes 38, 6:43.
NYG—FG Tynes 33, 0:35.
Fourth Quarter
NYG—Bradshaw 6 run (run failed), 0:57.
Attendance — 68,658 at Indianapolis.

TEAM STATISTICS	NYG	NE
First downs	26	21
Total Net Yards	396	349
Rushes-yards	28-114	19-83
Passing	282	266
Punt Returns	1-10	0-0
Kickoff Returns	4-75	3-73
Interceptions Ret.	1-0	0-0
Comp-Att-Int	30-40-0	27-41-1
Sacked-Yards Lost	3-14	2-10
Punts	4-40.8	3-41.0
Fumbles-Lost	2-0	0-0
Penalties-Yards	4-24	5-28
Time of Possession	37:05	22:55

INDIVIDUAL STATISTICS
RUSHING—N.Y. Giants, Bradshaw 17-72, Jacobs 9-37, Ware 1-6, Manning 1-(minus 1). New England, Green-Ellis 10-44, Welker 2-21, Woodhead 7-18.
PASSING—N.Y. Giants, Manning 30-40-0-296. New England, Brady 27-41-1-276.
RECEIVING—N.Y. Giants, Nicks 10-109, Manningham 5-73, Pascoe 4-33, Cruz 4-25, Bradshaw 2-19, Hynoski 2-19, Ballard 2-10, Ware 1-8. New England, Hernandez 8-67, Welker 7-60, Woodhead 4-42, Branch 3-45, Gronkowski 2-26, Green-Ellis 2-15, Ochocinco 1-21.
MISSED FIELD GOALS—None.

SUPER BOWL CHAMPIONS

2012 — N.Y. Giants
2011 — Green Bay Packers
2010 — New Orleans Saints
2009 — Pittsburgh Steelers
2008 — N.Y. Giants
2007 — Indianapolis Colts
2006 — Pittsburgh Steelers
2005 — New England Patriots
2004 — New England Patriots
2003 — Tampa Bay Buccaneers
2002 — New England Patriots
2001 — Baltimore Ravens
2000 — St. Louis Rams
1999 — Denver Broncos
1998 — Denver Broncos
1997 — Green Bay Packers
1996 — Dallas Cowboys
1995 — San Francisco 49ers
1994 — Dallas Cowboys
1993 — Dallas Cowboys
1992 — Washington Redskins

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	21	6	.778	—
d-Miami	18	6	.750	1½
d-Philadelphia	18	7	.720	2
Indiana	16	7	.696	3
Atlanta	16	9	.640	4
Orlando	15	10	.600	5
Boston	13	10	.565	6
Milwaukee	10	13	.435	9
Cleveland	9	13	.409	9½
New York	10	15	.400	10
New Jersey	8	18	.308	12½
Toronto	8	18	.308	12½
Detroit	6	20	.231	14½
Washington	5	20	.200	15
Charlotte	3	21	.125	16½

WESTERN CONFERENCE

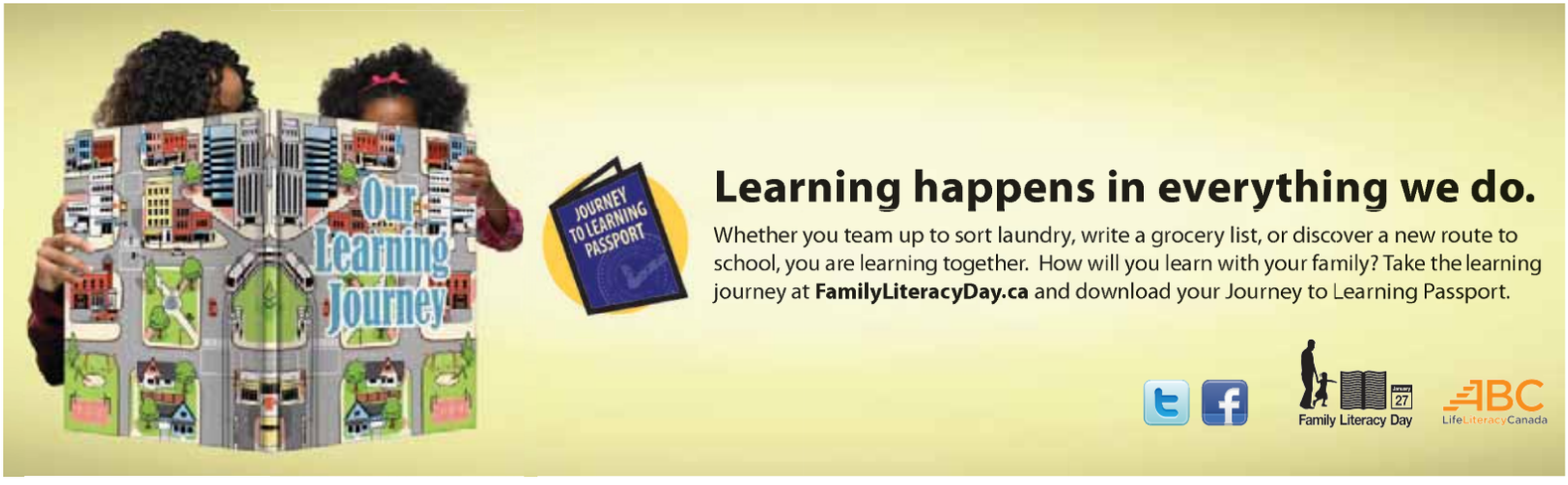
	W	L	Pct	GB
d-Oklahoma City	18	5	.783	—
d-L.A. Clippers	15	7	.682	2½
d-San Antonio	16	9	.640	3
Denver	15	9	.625	3½
Portland	14	10	.583	4½
Utah	13	10	.565	5
L.A. Lakers	14	11	.560	5
Dallas	14	11	.560	5
Houston	13	11	.542	5½
Memphis	12	12	.500	6½
Minnesota	12	12	.500	6½
Phoenix	10	14	.417	8½
Golden State	8	13	.381	9
Sacramento	8	15	.348	10
New Orleans	4	20	.167	14½

d — division leaders ranked in top four positions regardless of record.

Last night's results
L.A. Clippers 107 Orlando 102 (OT)
Washington 111 Toronto 108 (OT)
Philadelphia 95 L.A. Lakers 90
Phoenix 99 Atlanta 90
Chicago 108 New Jersey 87
New York 99 Utah 88
Sacramento at New Orleans
San Antonio at Memphis
Houston at Denver
Oklahoma City at Portland
Sunday's results
Boston 98 Memphis 80
Miami 95 Toronto 89
Tonight's games
All Times Eastern
Utah at Indiana, 7 p.m.
Charlotte at Boston, 7:30 p.m.
Cleveland at Miami, 7:30 p.m.
Sacramento at Minnesota, 8 p.m.
Phoenix at Milwaukee, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Tomorrow's games
L.A. Clippers at Cleveland, 7 p.m.
Milwaukee at Toronto, 7 p.m.
Miami at Orlando, 7 p.m.
New York at Washington, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Indiana at Atlanta, 7:30 p.m.
Detroit at New Jersey, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Minnesota at Memphis, 8 p.m.
Dallas at Denver, 9 p.m.
Houston at Portland, 10 p.m.

CALENDAR

Yesterday — 10-day contracts can be signed
Friday — All contracts guaranteed for remainder of the season
Feb. 24-26 — All-Star game, Orlando, Fla.
April 26 — Regular season ends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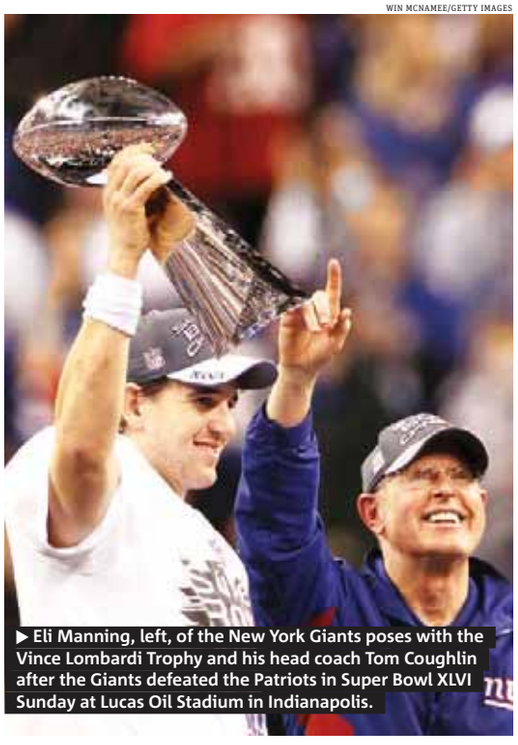

▶ Eli Manning, left, of the New York Giants poses with the Vince Lombardi Trophy and his head coach Tom Coughlin after the Giants defeated the Patriots in Super Bowl XLVI Sunday at Lucas Oil Stadium in Indianapolis.

It's the new top coach-quarterback duo

Tom Coughlin and Eli Manning have won two titles together in five years

Tom Coughlin has never won the NFL's coach of the year award. Eli Manning has never been the league's MVP.

With two Super Bowl victories in the past five seasons, though, they have emerged as the NFL's top coaching-quarterback tandem.

And the best may be yet to come.

The 65-year-old Coughlin and the 30-year-old quarterback are getting better with time, and it was never more obvious than in this past season, which the Giants capped with a 21-17 victory over the New England Patriots on Sunday night for the franchise's fourth Super Bowl title.

The bond between Coughlin and Manning is there for all to see. It is found in the word, team.

"He epitomizes everything that I believe in as a player," Coughlin said of Manning at a news conference Monday. "(That's) In terms of the quality, the way he produces, the way he handles it among his teammates, on and off the field."

It's sometimes hard to tell whether Coughin has rubbed off on Manning, or vice versa.

Either way, Coughlin and Manning are the perfect match in a state that once had an advertising slogan of "New Jersey and you, perfect together."

The one thing Manning didn't want to hear anything about was having bragging rights over his brother, Peyton, with two championships.

"This isn't about bragging rights," Eli said. "This is a lot bigger. This is about a team, an organization being named world champions and that was the ultimate goal. That's the only thing that's important."

THE ASSOCIATED PRESS

Giants touchdown

Smiles were the order of the day, as the Super Bowl-champion New York Giants returned home, victorious once again.

- **The team's plane** from Indianapolis touched down Monday afternoon at Newark Liberty International Airport in New Jersey.
- **Players saluted the crowd** as they left the aircraft and coach Tom Coughlin had a big smile on his face.
- **The Giants' parade** is on Tuesday.

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Community Events

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JDM Research is currently enrolling subjects for a clinical trial of an investigational drug for ragweed pollen allergies. If you are 18 years of age, and suffer from ragweed allergies, you may be eligible to participate in this 8-Week trial. Study participation will include an honourarium upon completion.

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JDM Research

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LOOKING TO MAKE A CAREER CHANGE?

Read metro work every Monday & Wednesday.

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Declare your love to the world by sending a Valentine's Day message to someone special!

Call 1 800.527.6767 before noon on February 13 and create your Valentine's Day message that will appear in Metro on February 14.

metro

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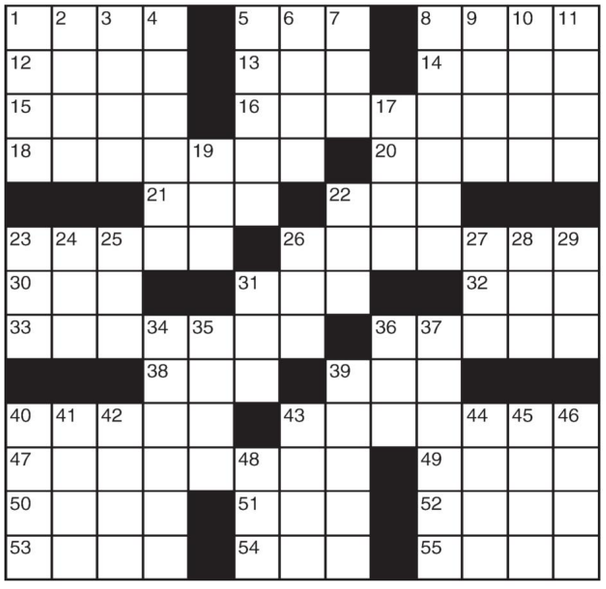
Crossword



Across

1 Improvise musically
5 Ram's mate
8 "Dracula" author Stoker
12 Eastern potentate
13 Parcel of land
14 Continental money
15 Puerto —
16 Limbs
18 1980s TV exec Tartikoff
20 Gumbo ingredients
21 AAA assignment
22 Expert
23 Station
26 Star of 1996 "Hamlet"
30 Exist
31 Week component
32 Ruby or Sandra
33 Missouri tourist mecca
36 Born earlier
38 Charged bit
39 "Hail!"
40 Beachgoer's mat
43 Bygone U.S. airline
47 Boston-area university
49 Spoken
50 Denomination
51 Commotion
52 Take the bus
53 Jab
54 Sawbuck
55 Being (Lat.)

Down

1 Predicate part
2 Eastern bigwig (Var.)
3 Isinglass
4 Quickly
5 Arm joint
6 Sported
7 Greek H
8 Summon with a gesture
9 German industrial district
10 Neighborhood
11 Rolling stone's lack
17 Mrs. Nick Charles
19 Speck
22 Snoop
23 Apply lightly
24 Blunder
25 — shooter
26 Proscription
27 Do sums
28 "Gosh!"
29 That woman
31 Rickles or Knotts
34 Nothing (Ital.)
35 Auctioneer's call
36 Eggs
37 Maiden in "The Raven"
39 Pyromaniac's crime
40 Recipe meas.
41 Sandwich cookie
42 Lousy (Sl.)
43 Wait a while
44 Eye part
45 Crazes
46 Run away
48 Chow down

▶ Monday's answer

H	I	F	I	■	K	E	G	■	S	P	I	N		
I	T	E	M	■	R	A	Y	■	A	L	T	O		
S	C	A	B	■	A	R	R	I	V	A	L	S		
S	H	R	I	E	K	■	E	V	E	N	L	Y		
■	■	■	B	R	A	G	■	Y	U	K	■	■		
A	R	R	E	S	T	E	D	■	P	I	S	A		
I	O	U	■	T	O	N	I	C	■	N	U	N		
L	E	N	D	■	A	R	R	A	N	G	E	D		
■	■	N	E	B	■	E	E	R	O	■	■	■		
R	E	E	F	E	R	■	C	A	R	T	E	L		
A	R	R	O	G	A	N	T	■	M	A	L	I		
S	N	U	G	■	G	E	L	■	A	L	A	S		
P	E	P	S	■	S	T	Y	■	L	E	N	T		

Sudoku

	5		8	6	4			
			9					6
	4							5
9							5	8
	7	5	2		6	1	3	
3	2							7
2							9	
6					8			
			7	4	9		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

2	6	4	8	3	9	5	7	1
1	3	9	7	6	5	2	8	4
7	5	8	1	4	2	9	6	3
8	7	2	4	1	3	6	9	5
4	9	6	2	5	7	3	1	8
5	1	3	9	8	6	4	2	7
3	8	5	6	2	1	7	4	9
6	4	7	5	9	8	1	3	2
9	2	1	3	7	4	8	5	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

LBJ,
Wanted to wish you a Very Happy Birthday this week baby. I love you so much and can't wait to spend the rest of our lives together. Going to find you a really sexy present too. xoxox
YOURGIRL

My Pumpkin,
I love you and really want you to stay. Without you is not an option. In all my past I have never felt so comfortable. I W
FROM YOUR BABY

French Pamplemousse needs her Irish boyfriend. No matter the distance between us, you're the only one I want. I love you and I can't imagine being with anyone else. I miss you, come back soon...
FROM YOUR FRENCH PAMPLEMOUSSE

Today -1°/-9° Partly cloudy
Wednesday 0°/-5° Partly cloudy
Know what the weather will be 14 days from now. Check the 14 day trend.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You won't take kindly to someone who tries to meddle in your personal affairs.

♉ Taurus April 21-May 21
In a matter of days you will be riding the crest of a wave again – and this time you won't fall off.

♊ Gemini May 22-June 21
You need a bit more preparation in order to achieve what you want to accomplish.

♋ Cancer June 22-July 22 You know what it is you need to be doing and all that should concern you now is making a start.

♌ Leo July 23-Aug.23
Enjoy yourself but don't be reckless.

♍ Virgo Aug. 24- Sept. 22
You may have to take on new responsibilities today. You may also have to work at something you do not particularly enjoy.

♎ Libra Sept. 23-Oct. 23
The tougher the task the more you will like it: in fact you will seek out challenges that put you to the test.

♏ Scorpio Oct. 24-Nov. 22
Don't let others pressure you into accepting something unless you are 100 per cent sure it is the right thing for you.

♐ Sagittarius Nov. 23-Dec. 21 Some people seem to delight in taking the opposite view to everything you say. That's their right, of course, but it's your right to ignore them.

♑ Capricorn Dec. 22-Jan. 20
Anyone who dares oppose you will be dealt with swiftly and harshly.

♒ Aquarius Jan. 21-Feb. 18
You may be on the go from morning to night but where is all this activity getting you? Nowhere fast by the look of things. Slow down today and focus on the one or two issues that really matter.

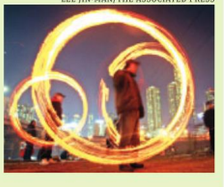
♓ Pisces Feb. 19-March 20
Money matters will be high on your agenda today and if you follow your instincts you may come into some cash.

SALLY BROMPTON

Caption contest

UZAY HACAOGLU/THE ASSOCIATED PRESS

LEE JIN-MAN/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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Last Second Songs
1. Wings - Band On The Run
2. Men At Work - Who Can It Be Now?
3. Phil Collins - In The Air Tonight
4. U2 - One
5. Billy Joel - Piano Man
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